

## Skill Sheet 3-3

# Giving CPR to an Infant

1. Verify that the infant is unresponsive and not breathing.

- Shout to get the infant's attention, using the infant's name if you know it. If the infant does not respond, tap the bottom of the infant's foot and shout again while checking for normal breathing.
- If the infant does not respond and is not breathing or only gasping, continue to step 2.



2. Place the infant on his or her back on a firm, flat surface. Stand or kneel next to the infant.

3. Give 30 chest compressions.

- Place one hand on the infant's forehead.
- Place the pad of two fingers on the center of the infant's chest, just below the nipple line.
- Compress the chest about 1½ inches, and then let the chest return to its normal position.
- Push hard and push fast! Give compressions at a rate of 100–120 compressions per minute.



4. Give 2 rescue breaths.

- Place the breathing barrier over the infant's nose and mouth.
- Open the airway. (Put one hand on the forehead and two fingers on the bony part of the chin and tilt the head back to a neutral position.)
- Make a complete seal over the infant's nose and mouth with your mouth.
- Take a normal breath and blow into the infant's nose and mouth for about 1 second, looking to see that the chest rises.
- Take another breath, make a seal, then give the second rescue breath.



**Note:** If the first rescue breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the second rescue breath. If the second breath does not make the chest rise, an object may be blocking the airway. After the next set of chest compressions and before attempting rescue breaths, open the mouth, look for an object and, if seen,

(Continued)

## Skill Sheet 3-3

# Giving CPR to an Infant *continued*

*remove it using a finger sweep. Continue to check the infant's mouth for an object after each set of compressions until the rescue breaths go in.*

### 5. Continue giving sets of 30 chest compressions and 2 rescue breaths until:

- You notice an obvious sign of life.
- An AED is ready to use and no other trained responders are available to assist you with the AED.
- You have performed approximately 2 minutes of CPR (5 sets of 30:2) and another trained responder is available to take over compressions.
- You have performed approximately 2 minutes of CPR (5 sets of 30:2), you are alone and caring for an infant, and you need to call 9-1-1 or the designated emergency number.
- EMS personnel take over.
- You are too tired to continue.
- The scene becomes unsafe.