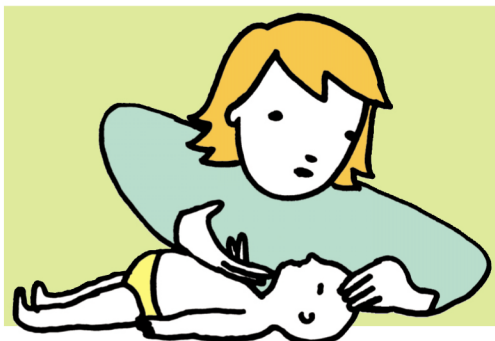


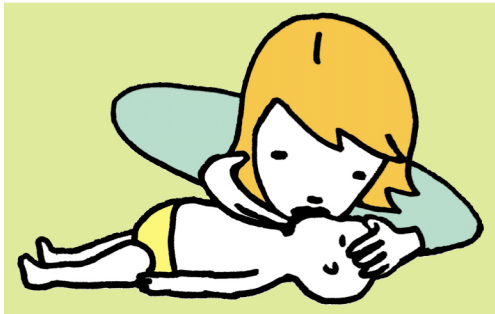
INFANT CPR BASICS

All parents should know how to perform cardiopulmonary resuscitation (CPR) for babies. If your baby appears unresponsive or unconscious, isn't breathing, or can't be roused by tapping his feet, have someone else call 911 right away. If you're alone, call for help only after attempting rescue efforts for about two minutes. A class is the best way to learn CPR; then keep this page handy.

- 1 Lay infant faceup on a firm surface.** Tilt his head back and lift his chin to open the airway. Check for signs of life (movement and breathing).



- 2** If the baby isn't breathing, seal your mouth over his nose and open mouth. **Give two slow and gentle rescue breaths** to see if his chest rises.



- 3** Depending on the baby's response to the rescue breaths, follow the steps in one of the categories below:



IF THE CHEST DOESN'T RISE...

- **Retilt the baby's head** and give two rescue breaths.
- **If the chest still doesn't rise**, the airway may be blocked. Imagine a line between his nipples, and place two fingers on his breastbone, one finger width below the nipple line. Use your fingers to give **30 quick chest compressions** (shown above), depressing the breastbone $\frac{1}{2}$ to 1 inch (don't remove fingers between compressions).
- Tilt his head, and **check for an object in his mouth**. If an object is visible, sweep it out with your little finger.
- **Try two slow rescue breaths.**
- If his chest doesn't rise, **repeat the pattern** of 30 chest compressions, object check, and two breaths until air goes in.

IF THE CHEST DOES RISE...

- **Check for a pulse** on the inside of the upper arm.
- **If a pulse is present**, but no breathing, continue giving one rescue breath every three seconds (remove your mouth between breaths). After about two minutes, check for a pulse again. If you can still feel it but the baby is not breathing, give one breath every three seconds and check for a pulse about every two minutes.
- **If there are no signs of life or a pulse**, tilt his head back with one hand to open the airway. Administer 30 chest compressions, followed by two rescue breaths.
- **Repeat the cycle** of 30 chest compressions and two breaths until you find signs of life, you're too exhausted to continue, or a trained responder arrives and takes over.

To find out about infant CPR classes offered in your area, visit the American Red Cross website at RedCross.org, or call your local chapter. The American Red Cross updates these guidelines periodically. If it's been a while since you learned how to perform infant CPR, call for the latest information.

