INFANT NEWBORN HIGH QUALITY CPR

HERE ARE 5 THINGS TO REMEMBER WHEN PERFORMING CPR ON AN INFANT

scene safety

Make sure the environment is safe for yourself and the infant. Take note of any environmental (cars, people, animals, weather) or electrical hazards (wires, cords, outlets, equipment). Move baby to a dry flat surface.

is it cardiac arrest?

(1) Responsiveness: Gently tap or pinch the infant's foot or shoulder to see if they respond. Look for any signs of movement, crying, or other indications of consciousness. (2) Circulation: Check for a pulse by feeling the brachial artery under the infant's arm. If the pulse feels slow or absent, start performing CPR immediately. (3) Breathing: Observe the infant's chest to see if it rises with each breath. Be aware of any signs indicating difficulty or a lack of breathing. **If an infant is unresponsive has a weak or absent pulse, or is breathing abnormally call 911 immediately.**

call 911

Call 911 from your mobile phone, place on speaker and then immediately begin compressions. If you are with someone tell them to call for help, while you begin compressions. If it is necessary to leave the child or infant to call 9-1-1, ensure to administer 5 cycles of 30 compressions and 2 breaths before leaving to call 911 and retrieve the Automated External Defibrillator (AED).

compressions & breaths

To perform CPR on an infant, place two fingers or thumbs at the center of the chest just below the nipple line. Push downwards firmly, aiming for about 1-1.5 inches deep, at a rate of 100-120 compressions per minute. Allow the chest to completely recoil between compressions. For breaths, tilt the infant's head back very slightly leaving it mostly in a neutral position. Cover the infant's nose and mouth with your mouth to create a seal. Give two small breaths by blowing gently into their airway. **Provide 30 compressions and then 2 breaths. Repeat cycles**. Remember, delivering breaths is extremely important when providing CPR to babies and young children.

American Red Cross
Training Services
Saving lives starts here™

Aligned
Training Site
American Heart Association

LEARN MORE »

WHOLE HEARTED
health