hello

scene safety

As new parents, it's crucial to be prepared for emergencies. Our dedicated team of instructors, led by experienced healthcare professionals, is committed to providing you with the knowledge and skills needed for newborn CPR. We understand the importance of your little one's safety; our courses are designed to equip you with the tools to handle emergencies with confidence. Join us in creating a safer environment for your family. Enroll today and gain the peace of mind that comes with being prepared.

hsi Health & Safety Institute® Approved Training Center

Aligned American Heart Association Training Site

American Red Cross Training Services Saving lives starts here™

WHOLEHEARTED HEALTH

INFANT CPR GUIDE



NEWBORN INFANT CHOKING



1. Support the infant: Hold the infant face-down on your forearm, with their head lower than their chest. Use your thigh or lap for support.
2. Deliver back blows: With the heel of your hand, give up to five firm back blows between the infant's shoulder blades. These blows should be delivered with enough force to dislodge the object but still gentle enough to avoid causing harm.

3. Check the mouth: Carefully place the infant face-up on your forearm, supporting their head and neck. Use your thumb and fingers to open their mouth and check for any visible objects. If you can see the object, try to remove it with your fingers. *Do not blind finger sweep.* Be cautious not to push it further down the throat.

4. Perform chest thrusts: If the object is still blocking the airway, lay the infant on their back and place the palm of hand in the center of the chest just below the nipple line. Give up to five quick chest thrusts. Continue these cycles of back blows and chest thrusts until the object is dislodged or medical help arrives.

5. Seek medical assistance: Even if the object is expelled, it's important to have the infant evaluated by a healthcare professional to ensure their well-being.



Remember, if the infant becomes unresponsive, begin CPR and follow the appropriate steps for infant CPR. Stay calm, act swiftly, and seek immediate medical attention when dealing with a choking infant.

FIVE IMPORTANT "NEVER" REMINDERS

1. **Never delay calling 911.** Period. This is the #1 mistake. Parents wait, try home remedies, and call the family first. Every second counts. Call first, do CPR second.
2. **Never do a blind finger sweep.** You will push the object deeper. Only remove what you can see and easily reach.
3. **Never use abdominal thrusts on a baby under 1 year**. Use back blows + chest thrusts instead. Abdominal thrusts rupture organs.
4. **Never shake or roughly move an unresponsive child.** Assume possible spine injury. Gentle hands. Call 911 and wait for EMS.
5. **Never assume a coughing child doesn't need help.** A child actively coughing hard is managing. But if the cough gets weak, or they go silent, they're choking—act now. Don't wait for them to "cough it up."

NEWBORN INFANT CPR

LEARN IT BEFORE YOU NEED IT.

- **Assess the Situation:** Make sure the area is safe for you and the infant.
- **Check Responsiveness:** Tap the bottom of the infant's foot and shout. Check for normal breathing for no more than 10 seconds. Gasping is not normal breathing.
- **Call for Help:** Ask someone to call 911 and retrieve an AED. If alone, call 911 on speaker while beginning CPR.
- **Chest Compressions:**
  - Place the infant on a firm, flat surface.
  - Place the heel of one hand in the center of the chest.
  - Give 30 compressions at a rate of 100–120 per minute.
  - Compress approximately 1½ inches and allow complete chest recoil.
- Open the Airway: Gently use a head-tilt, chin-lift while keeping the infant's head in a neutral position.
- **Give Breaths:**
  - Cover the infant's mouth and nose with your mouth.
  - Give 2 gentle breaths, about one second each.
  - Watch for the chest to rise.
- **Use AED if available.** Turn it on and follow the prompts

CONTINUE CYCLES OF 30 COMPRESSIONS AND 2 BREATHS. USE AN AED AS SOON AS AVAILABLE AND CONTINUE UNTIL THE INFANT RESPONDS OR EMERGENCY HELP TAKES OVER.





LIST OF RECOMMENDED VACCINES

HepB Hepatitis B RV*
Rotavirus DTaP Diphtheria,
Pertussis, & Tetanus Hib*
Haemophilus influenzae
type b PCV13, PCV15
Pneumococcal disease
IPV Polio, Influenza MMR
Measles, Mumps, &
Rubella Varicella
Chickenpox HepA‡
Hepatitis A

FIRST AID & INFANT CPR PREPAREDNESS CHECKLIST

- [ ] **LOCATE YOUR FIRST AID KIT**
  Make sure everyone who cares for your child knows where it is.
- [ ] **POST EMERGENCY INFORMATION**
  Include your home address, guardian numbers, pediatrician, allergies, medical conditions, Poison Control: 1-800-222-1222.
- [ ] **KNOW YOUR SURROUNDINGS**
  Locate the nearest phone, AED, first aid kit, and exit. Practice finding them quickly.
- [ ] **KEEP SUPPLIES READY**
  Stock gloves, a CPR face shield, bandages, gauze, and an instant cold pack. Check supplies and expiration dates regularly.
- [ ] **PRACTICE CPR HAND PLACEMENT**
  Use an infant manikin to practice proper hand position, compression depth, and technique.
- [ ] **PREPARE EVERY CAREGIVER**
  Parents, grandparents, babysitters, siblings, and childcare providers should know infant CPR and choking response.
- [ ] **REFRESH YOUR SKILLS REGULARLY**
  CPR skills can fade. Review the steps often and renew your training as required.
- [ ] **TAKE THE NEXT STEP**
  Join our online course and hands-on workshop to build the knowledge and confidence to respond when it matters most.

THIS GUIDE SUPPORTS—BUT DOES NOT REPLACE—HANDS-ON CPR TRAINING.