



# First Aid: Infant cardio-pulmonary resuscitation

This video was created in partnership with

First Aid - Infant:

Infant Cardiopulmonary resuscitation

In this video, you will learn to perform cardiopulmonary resuscitation on an infant under the age of one.

If the baby has lost consciousness, Call the emergency services.

Position the baby on their back

First Aid Techniques:

Infant breathing normally?

Check for breathing by placing one hand on the baby's forehead and the fingers of the other under their chin

Tilt the head into the NEUTRAL position to open the airways

If you see no chest movement, hear no breath sounds and do not feel their breath on your cheek, the baby is not breathing

2 - Alert emergency services

Alert the emergency services

3 - Defibrillator

If you have access to a defibrillator near to you, go and fetch it, or otherwise ask somebody else present to look for it

4 - Cardiopulmonary Resuscitation

If there is no defibrillator or while waiting for one, start cardiopulmonary resuscitation

To do this, Place two fingers in the middle of the baby's chest.

Cardiopulmonary resuscitation

30 chest compressions

Perform 30 chest compressions, pressing down to a third of the depth of the

chest

maintain a rate of 2 compressions per second

## 2 Rescue Breaths

Alternate cycles of 30 compressions with 2 rescue breaths, if you know how to give mouth-to-mouth breathing.

Or

## Chest Compressions

If not, do chest compressions only.

If you give rescue breaths, put the baby's head in the neutral position before doing so, place your mouth over the baby's nose and mouth and check that the chest inflates.

Continue CPR without stopping until the infant begins to breathe normally, medical help arrives or a defibrillator is ready to use

## Cardiopulmonary resuscitation in infants

In the first few minutes after cardiac arrest, the victim may breathe weakly or take occasional gasps.

These are known as gasps and should not be confused with normal breathing.

<https://www.sikana.tv/en/health/first-aid/first-aid-infant-cardio-pulmonary-resuscitation>