

2. **Call EMS:** If the infant or child is unconscious/unresponsive, shout for help and ask someone to call 9-1-1 or the local emergency telephone number. If there is no one to help, perform 2 minutes of care before calling EMS (**Figure 3-9**).
3. **Begin alternating 30 chest compressions and 2 rescue breaths.** Compress the chest of an infant or child $\frac{1}{3}$ the depth of the chest, or about 5 cm (2 inches) (**Figure 3-10A, B**).
4. **Open the airway:** Use the head-tilt/chin-lift method (**Figure 3-11A**). To do this, place your hand on the infant's or child's forehead and tilt the head back slightly. Place the fingers of your other hand under the chin and lift gently; avoid pressing on the soft tissues under the jaw. If you suspect a possible spinal injury, use the jaw-thrust technique without head-tilt to open the airway (**Figure 3-11B**). To do this, stabilize the head and place your fingers behind the angles of the lower jaw on each side of the head. Move the lower jaw forward without moving or tilting the head backward.
5. **LOOK, LISTEN and FEEL for breathing:** See if the chest and abdomen are rising and falling as they normally do when an infant or child is breathing (**Figure 3-12**). Place your ear over the infant's or child's mouth and nose while keeping the airway open and listen and feel for breathing. With your ear over the face, continue to look at the chest and abdomen to check for rise and fall with breathing for up to 10 seconds. If the child has a foreign body airway obstruction, go to Step 6. If you know the child does not have an airway obstruction, proceed to Step 7.
6. **Look in the mouth for an object:** Look for an object that you can remove easily. Do not per-



Figure 3-8

Check for responsiveness.



Figure 3-9

Call EMS.



Figure 3-10A

Compress the chest of an infant $\frac{1}{3}$ the depth of the chest, or about 4 cm (1.5 inches).