

Infant Basic Life Support

Objectives:

- Describe and demonstrate how to perform CPR for an infant.
- Discuss various methods of rescue breathing.
- Describe and demonstrate how to perform rescue breathing for an infant.
- Identify signs of choking.
- Describe and demonstrate how to care for a choking infant.

Total Activity Time = 40 minutes

Method = Presentation and Small Group Activity

Materials

- Medical exam gloves
- Infant manikins (1 manikin per 10 participants)
- Barrier devices
- Sanitizing supplies
- Paper towels

Instructions

CPR

NOTE: For the purpose of CPR, an infant is from birth to 1 year of age.

- CPR is performed when an infant is unconscious/unresponsive, not breathing, and has no signs of circulation.
- Unlike adults who often suffer sudden cardiac death, infants are more likely to initially suffer from respiratory arrest, which could lead to cardiac arrest.
- To perform CPR on an infant:
 - Check responsiveness. (Tap or rub the infant's body, shout "Are you okay?" and look for response or movement.)
 - If unresponsive, send a bystander to call EMS.
 - Give chest compressions by placing two fingers of one hand on the breastbone just below the nipple line.
 - Open the airway.
 - Give two effective breaths, each for 1 second.
 - Give 30 chest compressions and two breaths. After each compression, allow chest to recoil completely. Compress the chest at least 100 times per minute.
 - The depth of chest compressions is $\frac{1}{3}$ the depth of the chest, or about 4 cm (1.5 inches).
 - Continue cycles of CPR for 2 minutes.
- Provide additional care based on your assessment: