

Skill Steps for Infant Rescue Breathing and CPR

1. Check Responsiveness
 - Tap the infant and shout, “Are you okay?” and look for response or movement.
2. Call 9-1-1- or emergency telephone number
 - Ask a bystander to call the local emergency telephone number, usually 9-1-1.
 - If you are alone, call EMS after 2 minutes of resuscitation, unless a bystander can be sent.
3. Perform CPR
 - Place 2 fingers of 1 hand on the breastbone, just below the nipple line.
 - Compress the chest 30 times, at least $\frac{1}{2}$ the depth of the chest, or about 4 cm (1.5 inches).
 - Compress the chest at a rate of at least 100 compressions per minute.
 - After each compression, allow chest to recoil completely.
4. Open airway (use head-tilt/chin-lift method)
 - Place your hand that is nearest the infant’s head on the infant’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 see a foreign body, sweep it out with your finger. **Do not** do blind finger sweeps.
5. If not breathing, give two effective breaths:
 - Keep the airway open.
 - Take a breath and place your mouth over the infant’s mouth and nose, or nose only.
 - Each breath should last 1 second.
 - Watch chest rise to see if your breaths go in.
 - Allow for chest deflation after each breath.
 - If breaths do not go in:
 - Retilt the head and try again.
 - If unsuccessful resume CPR. Each time you open the airway, look for an object in the throat, and if seen, remove it.
6. Continue cycles of CPR (30 compressions and two breaths) for 2 minutes.