

**Figure 3-8**

Check for responsiveness.

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**).

**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 (at least 1.5 inches).



**Figure 3-10B**

Compress the chest of a child  $\frac{1}{3}$  the depth of the chest, or about 5 cm (at least 2 inches).



**Figure 3-11**

The head-tilt/chin-lift method.

3. **Begin alternating 30 chest compressions and 2 rescue breaths.** Compress the chest of an infant  $\frac{1}{3}$  the depth of the chest, or about 4 cm (at least 1.5 inches) (**Figure 3-10A, B**). For a child, compress the chest  $\frac{1}{3}$  the depth of the chest, or about 5 cm (at least 2 inches).
4. **Open the airway:** Use the head-tilt/chin-lift method (**Figure 3-11**). 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.
5. **Look in the mouth for an object:** Look for an object that you can remove easily. Do not perform a blind finger sweep of the mouth. Your attempts could push the object into the airway.
6. **Give rescue breaths.** If you do not see an object in the infant's or child's mouth and he does not start to breathe after opening the airway, give two breaths (1 second per breath), enough so that

you can see the chest rise and fall. The difference between the way you give rescue breaths for a child and for an infant is the way in which you seal your mouth over the airway to breathe air into the lungs. For the infant, you tilt the head back and seal your mouth over the infant's nose and mouth, and breathe into the nose and mouth (**Figure 3-12A**). For the child, you may have difficulty sealing your mouth around the child's mouth and nose (**Figure 3-12B**). Instead, pinch the child's nose, and then breathe into the child's mouth. Allow air to flow out of the chest after each breath. Each breath should take 1 second for air entry and about the same amount of time to allow for the air to flow out of the chest. If the chest does not rise and fall with the attempt to give the first breath, reposition the head and chin to open the airway and attempt to give another breath. Continue providing rescue breaths and chest compressions until the infant or child begins breathing or EMS arrives.



**Figure 3-12A**

For the infant, you tilt the head back and seal your mouth over the infant's nose and mouth, and breathe into the nose and mouth.



**Figure 3-12B**

For the child, you may have difficulty sealing your mouth around the child's mouth and nose. Pinch the child's nose and then breathe into the child's mouth.