

RECOMMENDED CPR STEPS FOR INFANTS

- 1) CHECK FOR RESPONSE TO DETERMINE LEVEL OF CONSCIOUSNESS.
- 2) IF THE INFANT IS UNRESPONSIVE AND IS NOT BREATHING OR ONLY GASPING, SEND SOMEONE TO ACTIVATE EMS.
- 3) IF YOU ARE ALONE AND WITNESS A SUDDEN COLLAPSE, ACTIVATE EMS PRIOR TO PROVIDING CPR. IF YOU BELIEVE THE INFANT HAS HAD AN ASPHYXIAL EVENT, DO 5 CYCLES OF CPR AND THEN CALL EMS.
- 4) IF THE INFANT IS UNRESPONSIVE AND NOT BREATHING, TAKE 10 SECONDS TO CHECK FOR A BRACHIAL PULSE. IF YOU DO NOT FEEL A PULSE OR ARE NOT SURE IF YOU FEEL A PULSE, BEGIN CHEST COMPRESSIONS.
- 5) IF THERE IS A PALPABLE PULSE < 60 PER MINUTE WITH SIGNS OF POOR PERFUSION BEGIN CHEST COMPRESSIONS.
- 6) GIVE 30 COMPRESSIONS WITH 2 FINGERS PLACED JUST BELOW THE NIPPLE LINE AT A RATE OF 100 - 120 COMPRESSIONS PER MINUTE. PUSH WITH SUFFICIENT FORCE TO DEPRESS AT LEAST 1/3 THE DIAMETER OF THE CHEST. ALLOW THE CHEST TO RECOIL AFTER EACH COMPRESSION.
- 7) OPEN THE AIRWAY USING HEAD TILT-CHIN LIFT. IF YOU SUSPECT NECK INJURY, OPEN THE AIRWAY USING THE CHIN-JAW LIFT.
- 8) IF NOT BREATHING OR BREATHS ARE INADEQUATE - GIVE 2 BREATHS LASTING 1 SECOND EACH. THIS VOLUME SHOULD BE SUFFICIENT TO CAUSE THE CHEST TO RISE AND FALL.
- 9) A LONE RESCUER USES A COMPRESSION TO VENTILATION RATIO OF 30:2. TWO RESCUERS PROVIDE 15 COMPRESSIONS FOLLOWED BY TWO VENTILATIONS.
- 10) 10. IF EMS HAS NOT BEEN PREVIOUSLY CALLED, CALL 911 AFTER ABOUT 2 MINUTES OF CPR (5 CYCLES). 11. CONTINUE CPR AT A RATIO OF 30:2 (OR 15:2 WITH 2 RESCUERS) UNTIL EMS ARRIVES OR THE INFANT RECOVERS. CHECK PULSE ABOUT EVERY 2 MINUTES BUT SPEND NO MORE THAN 10 SECONDS DOING SO.



1. Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response and not breathing or not breathing normally, position the infant on his or her back and begin CPR.



2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of 100-120/minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).



3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back



4. Give 2 Gentle Breaths

If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.





Infants and young children naturally put things in their mouth. When they begin to crawl, small objects that you normally wouldn't notice are key targets for them to choke on. To ensure a safe environment watch out for these objects or objects similar to these.

- Latex balloons
- Hair barrettes and beads
- Coins
- Marbles
- Toys with small parts
- Toys that can be compressed to fit entirely into a child's mouth
- Pen or marker caps
- Small balls
- Button batteries
- Medicine syringes

How small should I cut food for my child?

Cut food into pieces no larger than one half-inch; this will make sure that if your child swallows their food whole, it won't get stuck in their throat

My child likes to walk around and eat, is this okay?

No, you need to insist that your child eat at the table. This will ensure that they're eating at an upright position, and they are focusing solely on eating.

Is it okay to feed my kids in the car?

Feeding kids in the car is not a good idea. Kids that eat in the car are at risk for choking and often go **unnoticed by the person who is driving.**

Is it important for me to supervise my child when they are eating?

Yes, you never know what might happen when you are not looking. If your child chokes on an object, the object stuck in their throat is not allowing oxygen to reach the brain. Within 4 minutes or less brain damage or even death can occur.

Food is a common choking hazard. Many children **do not chew** their food well so they try to swallow it whole. Foods that are the most dangerous are round and hard. If your child is 4 years of age or younger either take extra safety measures or don't feed the following foods to your **children at all:**

- Nuts and seeds
- Hot Dogs
- Chunks of meat or cheese
- Whole grapes
- Hard, gooey, or sticky candy
- Popcorn
- Chunks of peanut butter
- Raisins
- Chewing gum
- Marshmallows
- Raw vegetables

Step 1

Determine if the infant can cry or cough. If not, proceed to next step.

DO NOT PANIC

Step 2

Give 5 back blows.



Step 3

Give 5 chest thrusts.



Step 4

Repeat steps 2 & 3 above until effective or the infant becomes unconscious. If the infant becomes unresponsive, perform CPR- if you see an object in the throat or mouth, remove it

BE CALM, BE HELPFUL



RECOMMENDED CPR FOR CHILDREN

1. Check for response to determine level of consciousness.
2. If the child is unresponsive and is not breathing or only gasping, send someone to activate EMS. If you are alone and witness a sudden collapse, activate EMS prior to providing CPR. If you believe the child has had an asphyxia event, do 5 cycles of CPR and then call EMS.
3. If the child is unresponsive and not breathing, take 10 seconds to check for a pulse (carotid or femoral). If you do not feel a pulse or are not sure if you feel a pulse, begin chest compressions.
4. If there is a palpable pulse ≤ 60 per minute with inadequate breathing, give rescue breaths at a rate of 12 to 20 per minute (1 breath every 3-5 seconds) until spontaneous breathing resumes. Reassess the pulse every 2 minutes but spend no more than 10 seconds doing so.
5. If there is a pulse is < 60 per minute with signs of poor perfusion begin chest compressions.



1) Use the heel of one or two hands for chest compression

2) Press the sternum approximately one-third the depth of the chest (about 2 inches) at the rate of 100-120/minute.



3) Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

6. Give 30 compressions (use one or two hands) on the lower half of the sternum at a rate of 100 - 120 compressions per minute. Push with sufficient force to depress at least 1/3 the diameter of the chest. Allow the chest to recoil after each compression.

7. Open the airway using head tilt-chin lift. If you suspect neck injury, open the airway using the chin-jaw lift.

8. If not breathing or breaths are inadequate - give 2 breaths lasting 1 second each. This volume should be sufficient to cause the chest to rise and fall.

9. A lone rescuer uses a compression to ventilation ratio of 30:2. Two rescuers provide 15 compressions followed by two ventilations.

10. If EMS has not been called, call 911 after about 2 minutes of CPR (5 cycles).

11. Continue CPR at a ratio of 30:2 (or 15:2 with 2 rescuers) until EMS arrives or the child recovers. Check pulse about every 2 minutes but spend no more than 10 seconds doing so.

It is important to note that they (the CAB's) will not apply to all rescuers and all victims in all situations. The leader of a resuscitation attempt may need to adapt application of these recommendations to unique circumstances. CPR for children is similar to CPR for adults. The compression to ventilation ratio is 30:2. If you are alone with the child give 2 minutes of CPR before calling 911.

QUICK Reference ALL AGES:

1. Check for response to determine level of consciousness.
2. Shout for help. If not alone, send someone to activate EMS. If alone call EMS prior to initiating CPR if you witness the arrest or if the arrest is unwitnessed, perform 5 cycles.
3. Place the victim on a firm surface when possible on their back.
4. Check for pulse.
5. If no pulse start compressions.
6. Compress the chest 30 times at a rate of at least 100 - 120 compressions per minute at an appropriate depth of 1/3 of the diameter of the chest in all ages.
7. Push hard and push fast, allowing complete chest recoil after each compression.
8. After 30 compressions, open the airway.
9. Check breathing to determine if the victim has normal respirations.
10. If not breathing or gasping, provide breaths.
11. If the victim has no pulse, continue CPR at a ratio of 30:2 until EMS arrives or the person recovers.
12. If not breathing or gasping, provide breaths.
13. If the victim has no pulse, continue CPR at a ratio of 30:2 until EMS arrives or the client recovers.
14. If the person has a pulse, but is not breathing or gasping, provide rescue breathing.
15. When 2 rescuers are present, switch positions every 5 cycles of CPR.

CHOKING CHILD

Step 1.

Determine if the person can speak or cough. If not, proceed to the next step.



Step 2.

Perform an abdominal thrust (Heimlich Maneuver) repeatedly until the foreign body is expelled.



Step 3.

A chest thrust may be used for markedly obese children.

BE CALM

If the adult or child becomes unresponsive perform CPR. If you see an object in the throat or mouth, ONLY remove it IF YOU CAN SAFELY.