
Infant Cardiopulmonary Resuscitation (CPR)

I think my infant is choking. What should I do?

- If your infant is crying or coughing, do not do anything.
- Look, listen and feel for breath for at least 5 seconds.
- If you cannot hear or feel breathing, begin back blows and chest thrusts.

Signs of distress are:

- sudden onset of trouble breathing
- coughing or gagging
- blue-gray colour of the lips and gums
- a high-pitched noise
- weak cry

What to do:

1. Give 5 back blows then 5 chest thrusts to try to clear the airway:

- Do back blows and chest thrusts at about 1 a second.
Say, "1 and, 2 and, 3 and, 4 and, 5 and."

Back blows:

- Turn the infant's face down on your forearm.
- Support the jaw with your hand.
- Use 2 fingers or the heel of your hand (depending on infant's size) and give 5 back blows between the infant's shoulder blades.

Chest thrusts:

If the back blows do not clear the airway:

- Turn the baby over with your hand supporting the head.
- Give 5 chest thrusts – see next page for how to do this.

2. Support the infant's neck and keep the head lower than the shoulders so gravity can help clear the airway. You are trying to create

enough pressure in the chest to remove the block.

3. Repeat 5 back blows and 5 chest thrusts until the airway is cleared and your infant is breathing normally or becomes unresponsive.

When your infant is breathing normally:

- Have a doctor check your infant to be sure there are no problems from the airway block, back blows or chest thrusts.

When your infant becomes unresponsive:

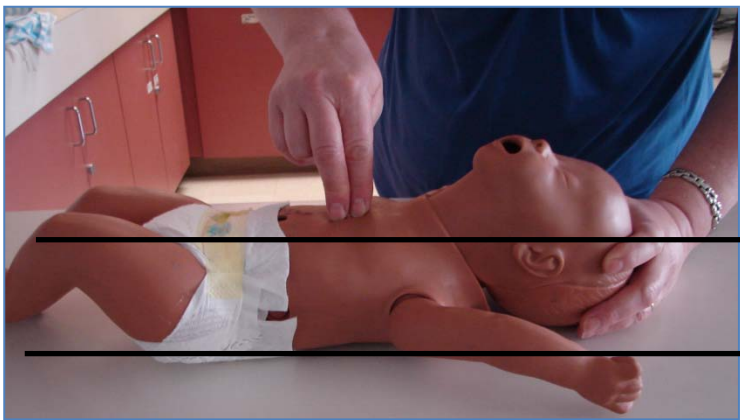
- Follow page 3 for **Airway Obstruction – Unresponsive Infant**



How do I do good and safe chest thrusts?



1. Pretend there is a line between your infant's nipples.
2. Place 2 fingers on your infant's breastbone just below the nipple line.



3. Pretend there is a line at the top of your infant's chest. This is the anterior line.
4. Pretend there is a line at the bottom of your infant's back lying on the surface. This is the posterior line.



5. Press down to at least 1/3 to 1/2 of the space between the two lines which is about 3 to 4 cm or 1½ inches deep.
- These are hard and fast thrusts giving 2 thrusts every second. You need to do at least 100 thrusts a minute.

Release all of the pressure on the breastbone between each thrust.

Airway Obstruction – Unresponsive Infant (CPR)

See back page about when to call 911 – Emergency Medical Services (EMS)

Chest Thrusts and Breathing for Circulation

1. Lay your baby on a firm surface such as a countertop or floor.
2. Give 30 chest thrusts if there are no signs of a heart beat.
3. Use your hand that is closest to your infant's head to maintain head tilt position.
4. Use your other hand to do chest thrusts.
5. Maintain the head-tilt with one hand as you do chest thrusts with the other hand.
6. Push hard and fast at a rate of at least 100 thrusts a minute or 2 each second.
7. Give 2 rescue breaths between every 30 chest thrusts. Cover the infant's mouth and nose with your mouth. Each breath should be about 1 second long and strong enough to see the infant's chest rise. Watch to see if the chest rises during each breath and listen for sounds of the infant breathing out:
 - If the first rescue breath goes in, give the second rescue breath.
 - If the first rescue breath does not go in, look in the mouth at the back of the throat. If you see the food or object can easily be removed, remove it.
 - If the infant starts to breathe, hold and cuddle your infant until Emergency Medical help arrives.
 - If your infant is still not breathing, go to step 8.
8. Complete 5 sets of 30 chest thrusts to 2 breaths. This takes about 2 minutes. Call 911 now if 911 has not already been called. Continue doing CPR until Emergency help arrives.



When do I call 911 – Emergency Medical Services (EMS)?

Knowing when to call 911 for help is hard to remember. Try not to panic. It is always better to do something rather than nothing so if you cannot remember what to do start CPR first.

Here are the guidelines about when to call EMS:

Witnessed distress and you are alone:

- If you are alone and you see your infant begin signs of distress or stop breathing this is called Witnessed.
- Call EMS first then start CPR.
- If you are not near a telephone start CPR and begin to walk toward a telephone or neighbour.



Witnessed distress and you are not alone:

- If you are not alone and you see your infant begin signs of distress or stop breathing.
- You start CPR while the other person calls 911.

Unwitnessed distress and you are alone:

- If you are alone and you do not know when your infant stopped breathing this is called Unwitnessed.
- Do CPR for about 2 minutes, completing 5 sets of 30 chest thrusts and 2 rescue breaths.
- Call 911 then continue CPR.

Unwitnessed distress and you are not alone:

- If you do not know when your infant stopped breathing and you are not alone.
- You start CPR while the other person calls 911.

When you call 911 for Emergency Medical help:

Say, "My baby is not breathing. I am doing CPR. My address is:

_____."

Remember:

- Keep doing CPR until Emergency help arrives or your infant begins to breathe normally.
- If your infant begins to breathe normally hold and comfort your infant.
- Stay with your infant until emergency help arrives.
- Your infant must be seen by a doctor.

These guidelines follow the 2012 recommendations from the Heart and Stroke Foundation of Canada. It is important to take a CPR course and be current in CPR as the guidelines may change over time. This handout is not to replace learning CPR from a qualified instructor.