



# CPR FOR INFANTS

## MANAGING CHOKING IN AN INFANT

1. Hold the choking infant face down on your forearm.
2. Sit on a chair or kneel. Support your forearm on your lap or thigh.
3. Keep the infant with his/her head slightly lower than the body, supporting the jaw and head with your hand.
4. Give up to 5 back slaps between the shoulder blades with the heel of your free hand.
5. If the object does not dislodge after 5 back slaps, place your free arm flat across the infant's back so that he/she is sandwiched between your two arms.
6. Supporting the head and neck, turn the infant over, so that his/her back now rests on your other forearm. Support your forearm on your lap or thigh.
7. Give up to 5 quick, downward chest thrusts with two fingers of your free hand in the same position as used for chest compressions during CPR (never give thrusts on an infant's stomach, as this could cause serious injuries).
8. Alternate 5 back slaps with 5 chest thrusts until the object dislodges or the infant starts to breathe, cry or cough.
9. If the infant becomes unconscious/unresponsive, lie the infant on his/her back on a flat, firm surface, and start the steps of CPR, beginning with chest compressions (pushing on the chest may dislodge the object).
10. During CPR, look for the foreign object each time you open the airway to provide rescue breaths.
11. If you see the object, remove it by sweeping your finger down the inside of the infant's cheek. Hook your finger around the object to lift it out (do not push your fingers blindly into the infant's mouth as you may accidentally push the object in deeper).
12. If you do not see an object, continue to alternate 30 chest compressions with 2 breaths until the infant starts to move, breathe or cry, or until trained help takes over.



GIVE 5  
BACK SLAPS



GIVE 5  
CHEST THRUSTS

**EXPERTISE YOU CAN TRUST.**

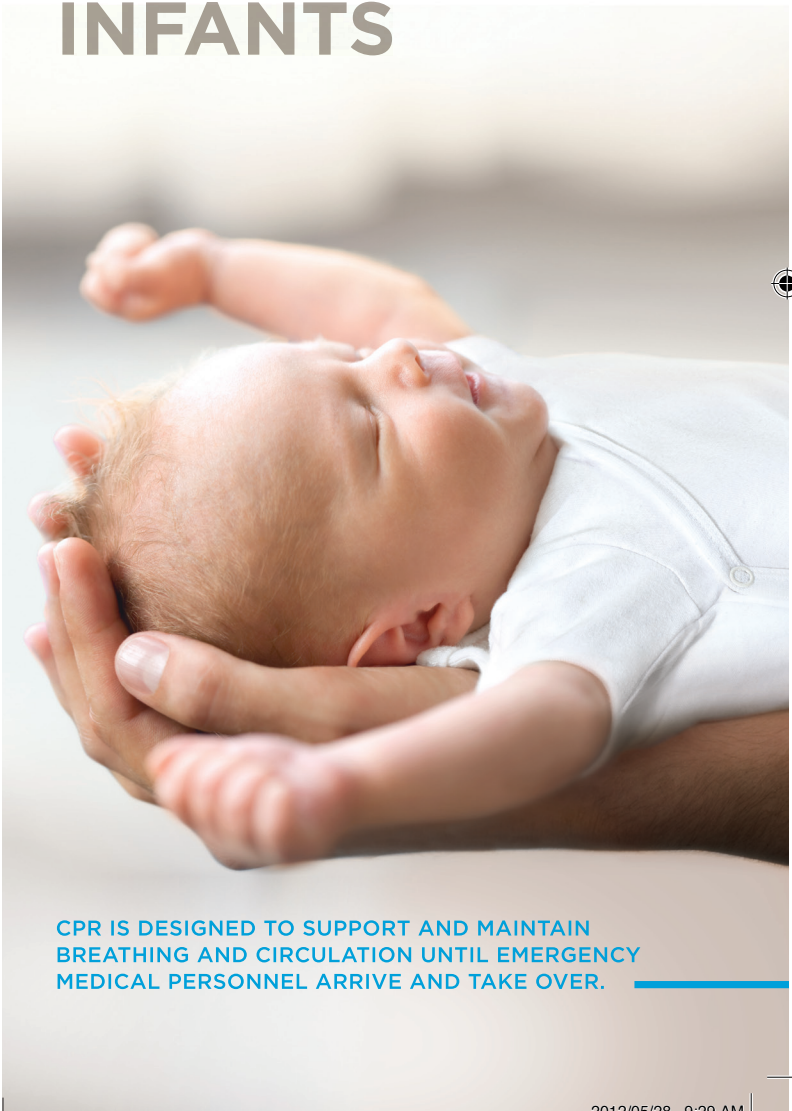
[www.mediclinic.co.za](http://www.mediclinic.co.za)

### EMERGENCY NUMBERS

084 124	ER24
082 911	Netcare 911
107	Metro (via Telkom) - Cape Metro only
10177	Metro National number
112	Metro (via cellular phone)

### Emergency response information:

- State that an infant is not breathing/having trouble breathing
- Explain the nature of the emergency, e.g. drowning, choking, apnoea (stopped breathing)
- Confirm the precise address of the scene
- Provide the phone number at the scene



**CPR IS DESIGNED TO SUPPORT AND MAINTAIN BREATHING AND CIRCULATION UNTIL EMERGENCY MEDICAL PERSONNEL ARRIVE AND TAKE OVER.**



# IF AN INFANT IS NOT BREATHING, OR IS CHOKING, FOLLOW BASIC CPR STEPS

Before starting CPR, check for safety at the scene. Move yourself and the infant out of harms way if there is a risk of real danger.

## 1. TAP, SHOUT AND CALL FOR HELP

### Tap

Check for responsiveness and signs of breathing. Tap or flick his/her foot.

### Shout

"Are you OK?" DO NOT SHAKE THE INFANT. If there is no response (movement, crying, etc.) check to see if the infant is breathing normally (at least 5 seconds, but no more than 10 seconds).

### Call for help

If the infant is not moving or breathing normally, shout for help. If someone is available to help, send that person to phone an emergency response number. Ask the person to return and assist you when finished with the call. If there is no-one to help you, stay with the infant and continue the steps of CPR.

## 2. GIVE 30 COMPRESSIONS

This is the most important part of CPR. Adequate compressions ensure circulation of blood to all the vital organs, including the brain:

1. Ensure the infant is lying on his/her back on a flat, firm surface.
2. Remove any clothing from the infant's chest.
3. Place two fingers of one hand on the breastbone (right in the middle of the chest), just below the infant's nipple line. Do not press on the very bottom of the breastbone.
4. Press the infant's chest straight down – about 1/3 the depth of the chest (4 cm).

**PLEASE NOTE:** The information in this brochure will guide you through the basic steps of cardiopulmonary resuscitation (CPR) on an infant who is not breathing, or who is choking. The information in this brochure is

based on the guidelines of the American Heart Association and the Resuscitation Council of South Africa. For the purpose of this brochure the term "infant" refers to babies from birth up to one year of age. This brochure does not

replace a formal course in infant CPR.

You can contact the Resuscitation Council of South Africa regarding CPR classes in your area: [www.resuscitationcouncil.co.za](http://www.resuscitationcouncil.co.za)

5. After each compression, allow the chest to come back to its original position (full chest recoil) without taking your fingers off the chest.
6. Give 30 chest compressions at a rate of at least 100 per minute. Count out loud while doing the compressions.

**Remember:** Push deep and push fast.

## 3. OPEN THE AIRWAY

After 30 compressions, open the airway in order to give breaths: Put the fingers of your one hand on the infant's forehead and tilt the head backward, while lifting the chin with the forefinger of your other hand. Do not extend the infant's head too far backwards; rather maintain a neutral position, as demonstrated in picture 3 overleaf.

## 4. GIVE 2 GENTLE BREATHS

While holding the airway open, give 2 breaths:

1. Take a normal breath, and cover the infant's mouth and nose with your mouth. (With a bigger infant, you can seal your mouth over the mouth and pinch the nose closed with the thumb and forefinger of one hand).
2. Give 2 breaths over one second each.
3. Make sure that the infant's chest moves with each breath.
4. Do not blow too much air into the infant's lungs. If it looks like the infant is taking a deep breath when you give a breath, blow less air into the lungs with the next breath.
5. If you cannot get the infant's chest to move when you give a breath, try to re-open the airway before giving the second breath.
6. Do not take longer than 10 seconds to give the 2 breaths.
7. After giving 2 breaths, continue immediately with chest compressions.
8. Continue to give 30 compressions, alternated with 2 breaths, until the infant starts to move or until trained help arrives.
9. If you are alone, and someone has not yet phoned for help, phone your emergency response number after completing five sets of 30 compressions and 2 breaths.
10. Once you have given the necessary information, return to the infant and immediately continue with CPR until the infant starts to move, or until trained help has taken over.



**1** SHOUT AND TAP



**2** GIVE 30 COMPRESSIONS



**3** OPEN THE AIRWAY



**4** GIVE 2 GENTLE BREATHS