

infant & child CPR quick reference guide (0-1 & 1-8 years of age)


step-by-step

1. **Area check** – ensure it's safe to approach the victim
2. **Ask permission** – obtain consent from a parent or guardian before moving forward.
3. **Awake** – snap, tap, clap to assess responsiveness

DID YOU KNOW?

When dealing with an unresponsive infant or child, a lone rescuer should perform 5 cycles (2 minutes) of CPR before going to find help. This change is new as of 2005 because many infants and children respond early to CPR.

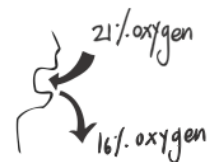
IF THE VICTIM IS UNRESPONSIVE...

4. **Ambulance** (call  + AED + first aid kit) – Have someone call for you. If you are alone, call 911 immediately. If you are alone, perform 5 cycles (2 minutes) of CPR before retrieving help.
5. **Airway** – head tilt, chin lift
6. **Breathing** – If not breathing, completely seal your mouth around your victim's mouth and administer 2 slow, full breaths. If chest does not rise, re-open airway.
7. **Circulation** – Administer 30 chest compressions in the middle of the chest with 2 fingers (infant) or 1 hand (child), compressing approximately 1/3 – 1/2 of the chest depth at a pace of 0.5 seconds each. **Push hard, push fast.**
8. Repeat steps A, B & C (until EMS arrives, until you are physically exhausted, until someone else takes over or until the victim improves)

TIP: When administering CPR using a face mask on an infant, position the narrow end to the baby's chin. This is the opposite position for an adult or child, however it will fit the baby's face better for a tight seal.

DID YOU KNOW?

CPR is an effective resuscitation technique because although we breathe oxygen in and carbon dioxide out, our bodies also breathe out a significant percentage of oxygen. We breathe in approximately 21% oxygen and breathe out approximately 16% oxygen, which can be used to help a non-breathing victim.



NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

