INFANT & CHILD HANDS-ONLY CPR
CARDIOPULMONARY RESUSCITATION

Hands-only CPR = giving continuous chest compressions no breaths
Hands-only CPR is appropriate when you see someone suddenly collapse

1. Hands-only CPR involves calling 9-1-1 first and then giving continuous chest compressions. It only takes minutes to learn and it is easy to remember.
2. Hands-only CPR should be used when you see someone suddenly collapse and the person is unconscious.
3. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

Call 9-1-1 in a Medical Emergency

FOR UNCONSCIOUS CHOKING INFANTS

STEP 1: Place the infant on his back on a hard, flat surface like a table.

STEP 2: Place your hand on the forehead of the infant and gently lift the head back, use your other hand to lift the chin upward. Be sure to keep your hands away from the infant’s neck.

STEP 3: Look in the infant’s throat for any signs of food or foreign objects. If you see something, sweep it out with your pinky.

STEP 4: Draw an imaginary line between the infant’s nipples, place two fingers in the middle of that line on the breastbone. Push down about 1-1/2 inches of the infant’s chest. Don’t be afraid to press too hard as this increases blood flow to the brain.

FOR UNCONSCIOUS CHOKING CHILDREN

STEP 1: Place the unconscious child on his back on a hard, flat surface.

STEP 2: Open the child’s airway by slightly lifting the head back and lifting the chin. Be sure to keep your hands away from the child’s neck. Look in the child’s throat for food or foreign objects. If you see something, sweep it out with your fingers.

STEP 3: Draw an imaginary line between the child’s nipples, and place the heel of your hand in the middle of the line. Keeping your elbows straight, use one arm for small children and two for larger children. Push down firmly about 2 inches of the child’s chest. Don’t be afraid to press hard as this increases blood flow to the brain.

CPR HEALTH AWARENESS SAFETY EDUCATION

Dedicated to making the education of infant/child CPR and the Heimlich Maneuver FREE and readily available to the community.

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