CPR stands for Cardiopulmonary Resuscitation—an emergency procedure consisting of pushing on the chest over the heart, and breathing into the mouth of a person who is unconscious and not breathing.

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 tilt the head back, use your other hand to tilt 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:**
With the head tilted back, seal your lips securely over the infant’s nose and mouth and blow a puff of air into his mouth until his chest rises, then let the air escape on its own, then repeat one more time (for a total of 2 breaths).

**STEP 5:**
Draw an imaginary line between the infant’s nipples, place two fingers in the middle of that line on the breastbone. Push down 1/3 to 1/2 the depth of the infant’s chest. Don’t be afraid to press too hard as this increases blood flow to the brain.

**STEP 6:**
Give 30 compressions at a rate of a little faster than one per second, followed by two breaths. Repeat this procedure of 30 compressions and 2 breaths until the infant starts breathing or until help arrives.

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 tilting 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:**
With the head tilted back, pinch the child’s nose and seal your lips securely over her mouth. Blow a puff of air into her mouth until her chest rises, letting the air escape on its own. Repeat one more time (for a total of 2 breaths).

**STEP 4:**
Draw an imaginary line between the child’s nipples, and place the palm 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 1/3 to 1/2 the depth of the child’s chest. Don’t be afraid to press hard as this increases blood flow to the brain.

**STEP 5:**
Give 30 compressions at a rate of a little faster than one per second followed by two breaths. Repeat this procedure of 30 compressions and 2 breaths until the child starts breathing or until help arrives.

This poster is intended to provide general awareness of the subject matters covered and should not be construed as medical advice on any specific facts or circumstances and may not be relied on as medical advice. This poster is not intended to be a substitute for formal CPR training and certification and we encourage you to contact accredited agencies for such training. In the event of a medical emergency you should always call 9-1-1 for medical emergency assistance.