Emergency Infant CPR

0-1 Year Old
Handling a Medical Emergency

If an infant, age 0-1, in your care...

• is unconscious and non-responsive
• is having trouble breathing or is not breathing

... take immediate action
The Three C’s

Stay Calm and use the “Three C’s”

• Check
• Care
• Call
Check

**Check** the scene:

Ensure the scene is safe

- If not, move to safety
- Look for clues that might tell you what happened (poisons, broken toys, etc.)
Check

• **Check** the victim: Tap infant’s foot and shout “Are you okay?”

• **Check** for life-threatening emergencies:
  - *Breathing*  – *Bruises*
  - *Bleeding*  – *Burns*
  - *Broken Bones*  – *Other*
Care

Always **care** for life-threatening emergencies first:

- Breathing (ensure breathing first)
- Bleeding (control all emergency bleeding second)
- Broken Bones (always suspect a neck or back injury)
- Bruises (internal bleeding)
- Burns (1st degree burns are mild, followed by 2nd and 3rd degree burns)
Care

1. Make sure the scene is safe.
2. Gently place the infant on a firm, flat surface.
3. Check to see if the infant is responsive before giving CPR: Tap the infant’s foot and shout, “Are you okay?”
4. If no response, yell for help.
   • If someone comes, ask them to phone for medical help.
   • If no one comes, perform infant CPR for 1 minute before you call for medical help.
5. Quickly move or open clothes from the front of chest.
ABC’s of CPR

Perform the ABC’s of CPR

A = Airway
Open the infant’s airway
(tilt head and lift chin slightly)
ABC’s of CPR

B = Breathe

If not breathing, seal your mouth over the infant’s nose and mouth and give two little puffs, one second each, removing your mouth after each breath. (Blowing air into stomach increases chances of vomiting, which may bring up any blockage.) Watch for the chest to rise with each breath.
ABC’s of CPR

C = Chest Compressions

With two fingers, one finger width below the nipple line, give 30 chest compressions (pushing straight down $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the infant’s chest at the rate of 100 per minute).

Give two breaths.

After each set of compressions, release pressure on the chest to allow it to come back to its normal state.
6. After one minute or five sets of 30 compressions and two breaths, call for emergency medical assistance if not already done.

7. Answer all dispatcher questions, then return to the infant and start the steps of CPR again.

8. Check for brachial pulse.

9. Keep giving sets of 30 compressions and two breaths until the infant moves or trained help takes over.
Call

If you are alone, begin CPR for the first minute, then . . .

- Call for emergency medical assistance; use a landline versus a cell phone if possible.
Call

• If someone is with you, have them call for emergency medical assistance while you provide first aid care.

• If the problem is not life threatening but might get worse soon, call the parent(s)/guardian(s).
How to Call

1. Call for emergency medical assistance.
2. Tell the dispatcher you have an emergency.
3. Give the dispatcher the following information: address, cross streets, phone number, number of people injured, type of injury, and type of care administered.
How to Call

4. DO NOT HANG UP! Wait for dispatcher questions and further instruction.

5. If someone is with you, tell them to go outside and meet the ambulance/medical services.

6. Have someone call the infant’s parent/guardian as soon as possible and let them know what happened.