



HEALTH FOR LIFE

Infant CPR Summary Sheet



Airway

☞ Gently arouse infant.

☞ **No response:**

- Place one hand on the forehead and two fingers on the chin. Tilt the baby's head backward with the nose facing the ceiling. If the head tilts back too far, the windpipe may be closed off.



Breathing

☞ Look, listen and feel for air movement.

☞ **No air movement:**

- Open your mouth wide and place it over your infant's nose and mouth.
- Give two gentle puffs while keeping the airway open (1 - 1½ seconds per breath).
- Take your mouth away from your infant's between each breath so the baby can breathe out (exhale).
- Breathe in air just enough to make the baby's chest rise and fall.



Circulation

☞ Check for signs of circulation. These include breathing or responding to rescue breaths, coughing or movement.

- If the infant is breathing, coughing or moving after the rescue breaths, stay with the baby.
- **If there are signs of circulation but the baby isn't breathing on his / her own**, continue to breathe for the baby about 1 breath every 3 seconds (20 breaths a minute).
- **If there are no signs of circulation**, start chest compressions.
 - Keep the airway open with your other hand.



Note: These instructions do not certify you in CPR. Call the OSU Women's Health Line (614-293-7575) for information on CPR classes.