C.H.A.S.E FOR LIFE
POCKET GUIDE FOR INFANT AND CHILD

CPR
CPR stands for Cardiopulmonary Resuscitation — an emergency procedure of pushing on the chest above the heart and breathing into the mouth of a person who is unconscious and not breathing. This technique attempts to restore blood circulation which prevents death or brain damage due to lack of oxygen.

**Step 1**
Place the infant on a hard, flat surface like a table.

**Step 2**
Place your hand on the infant’s forehead 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.
Look in the infant’s throat for any signs of food or foreign objects. If you can see anything, sweep it out with your pinky finger.

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, allowing the air to escape on its own (chest should recoil naturally). Repeat one more time for a total of 2 breaths.

Draw an imaginary line between the infant’s nipples. Place 2 fingers on the breastbone just below the line and then push down 1/3 to 1/2 the depth of the infant’s chest. Give 30 compressions at a rate of a little faster than one per second.

Don’t be afraid to press hard as this increases blood flow to the brain.

Repeat the 30 compressions and 2 breaths until the infant starts breathing or until help arrives.
Step 1
Place the unconscious child on her 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 any sign of food or foreign objects. If you see anything, 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, allowing the air to escape on its own (chest should recoil naturally). 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 elbow straight, push down firmly about 1/3 to 1/2 the depth of the chest.

Use just one arm for small children and two for larger children. Don't be afraid to press too 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 the 30 compressions and 2 breaths until the child starts breathing or until help arrives.
Dedicated to making the education of infant/child CPR and the Heimlich Maneuver FREE and readily available to the community.

This video 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 video 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.