

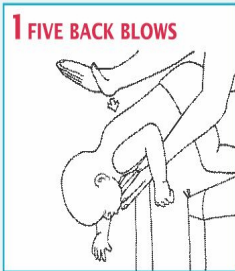
# CHOKING/CPR

## FOR INFANTS LESS THAN 1 YEAR OF AGE

### INFANT CHOKING

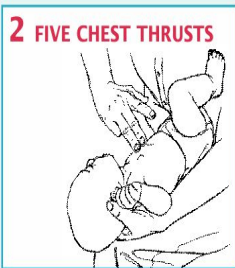
Begin the following if the infant is choking and is unable to breathe. However, if the infant is coughing, crying, speaking, or able to breathe at all, DO NOT do any of the following. Depending on the infant's condition, call 911 or the pediatrician for further advice.

#### 1 FIVE BACK BLOWS



ALTERNATING

#### 2 FIVE CHEST THRUSTS



Alternate back blows and chest thrusts until the object is dislodged or the infant becomes unconscious. If the infant becomes unconscious, begin CPR.

(Health care professionals only: assess pulse before starting CPR.)

### INFANT CPR (Cardiopulmonary Resuscitation)

To be used when the infant is unconscious or when breathing stops.

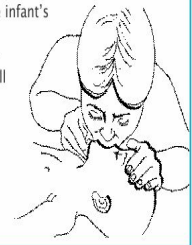
#### 1 OPEN AIRWAY

- **Look** for movement of the chest and abdomen.
- **Listen** for sounds of breathing.
- **Feel** for breath on your cheek.
- **Open** airway as shown.
- **Look** for a foreign object in the mouth. **If you can see** an object in the infant's mouth, sweep it out carefully with your finger. **Do not** try a finger sweep if the object is in the infant's throat, because it could be pushed further into the throat.



#### 2 RESCUE BREATHING

- **Position** head and chin with both hands as shown — head gently tilted back, chin lifted.
- **Seal** your mouth over the infant's mouth and nose.
- **Blow gently**, enough air to make chest rise and fall 2 times.



If no rise or fall, repeat 1 & 2. If no response, treat for blocked airway. (See "INFANT CHOKING" steps 1 & 2 at left.)

#### 3 ASSESS RESPONSE

- Place your ear next to the infant's mouth and look, listen, and feel for **normal breathing** or **coughing**.
- Look for **body movement**.

If you cannot see, hear, or feel signs of normal breathing, coughing, or movement, start chest compressions.



#### 4 CHEST COMPRESSIONS

- **Place** 2 fingers of one hand over the lower half of the chest. Avoid the bottom tip of the breastbone.
- **Compress** chest 1/2" to 1" deep.
- **Alternate** 5 compressions with 1 breath.
- **Compress** chest 100 times per minute.



Check for signs of normal breathing, coughing, or movement every minute.