

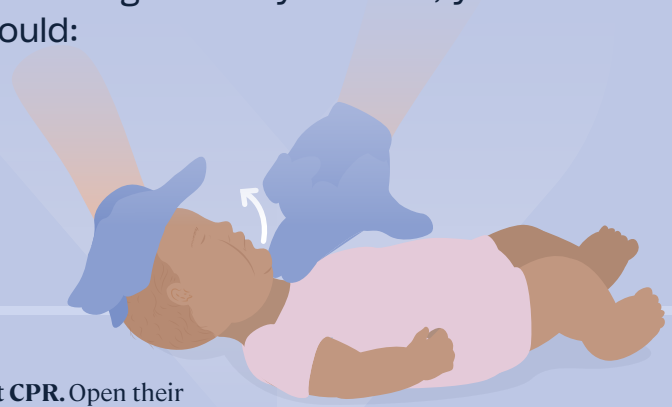
# How to administer CPR to infants

If an infant is unresponsive and not breathing normally or at all, you need to start CPR right away. To do so, you should:



1

**Ensure the emergency services are called.** If you're alone, give one minute of CPR before calling 999 or 112 on a speaker phone.

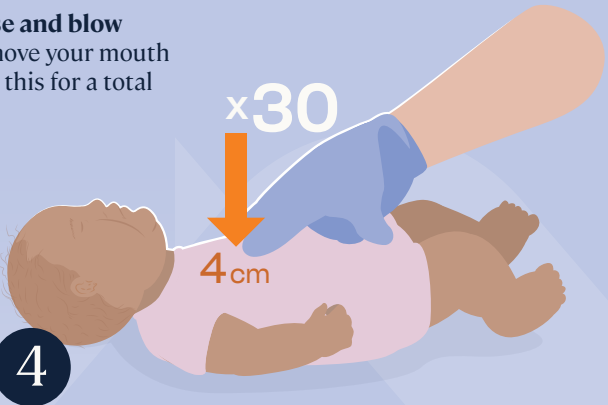
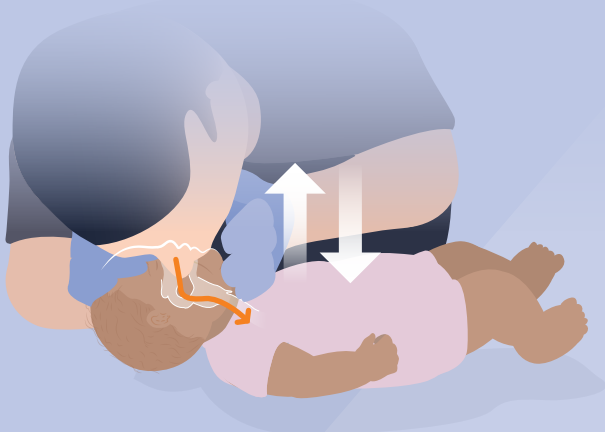


2

**Place the infant on a flat, firm surface and start CPR.** Open their airway by placing one hand on their forehead and gently tilting their head back. Use the fingertips of your other hand to lift their chin.

3

**Place your lips around the infant's mouth and nose and blow steadily for one second until their chest rises.** Remove your mouth and wait for their chest to fall back to normal. Repeat this for a total of five rescue breaths.



4

**Give 30 chest compressions at a rate of 100 to 120 a minute.** Place two fingertips in the middle of the infant's chest, pressing down by 4 cm (at least one-third of its depth). If you can't achieve this depth, use the heel of one hand to give chest compressions instead. Give two rescue breaths.

5

**Repeat the sequence of 30 compressions and two rescue breaths until:** the emergency help arrives or the infant starts to breathe normally.



6

**If the infant becomes responsive,** such as breathing normally or making noises, put them in the recovery position. Continue to monitor their condition as you may need to give CPR again.

