

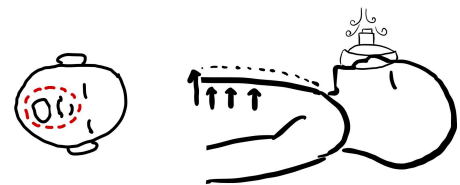
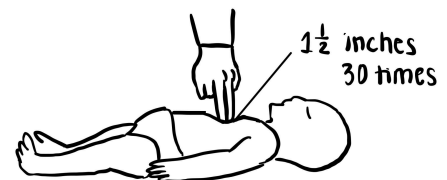
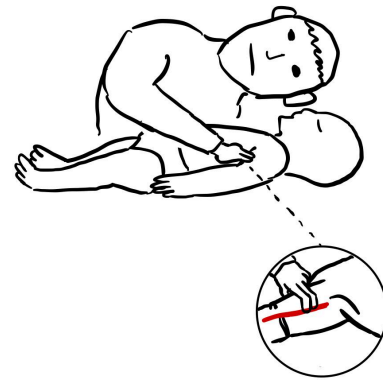


# Beat to Breathe CPR

## Infant CPR/AED and First Aid Resource Sheet

### For unresponsive infants

- 1) Tap on their feet to check for responsiveness and remain calm!
- 2) Call 9-1-1 and call for help/an AED
- 3) Check for breathing and a pulse (gaspings is not normal breathing)
- 4) To start compressions, push down in the center of the infant's chest
  - a) Push down about 1 ½ inches deep at a rate of 100 to 120 compressions a minute
  - b) Allow for the chest to return back to original position and minimize interruptions to under 10 seconds
- 5) After 30 compressions, give 2 breaths
  - a) If using mouth to mouth, cover the infant's nose and mouth with yours and breathe gently until you see chest rise
  - b) If using a pocket mask, ensure a tight seal before giving breathes
- 6) Continue cycling 30 compressions and 2 breaths until AED/additional help arrives

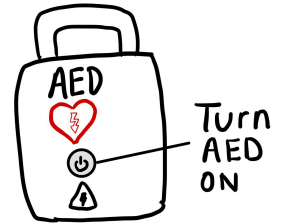




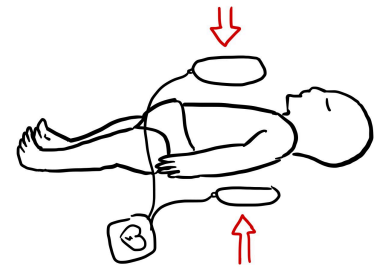
## Beat to Breathe CPR

Once AED arrives

- 1) Once an AED arrives, use it immediately



- 2) Turn on the AED and follow audible prompts/instructions on pads
  - a) Put one pad on the chest and the other on the back of infant
- 3) When AED is “analyzing heart rhythm” or when you are administering a shock, do not touch the patient and make sure all other individuals are not touching the patient as well
- 4) Continue CPR following AED use



### Choking

- 1) If infant is choking, turn infant face down, resting on your forearm while supporting their head
  - a) Make sure their head is position downwards
- 2) Give 5 back slaps
- 3) If infant is still choking, flip the infant over onto their back with their back resting on your forearm
- 4) Give 5 chest thrusts
- 5) Repeat cycle of 5 back slaps and 5 chest thrusts until choking is relieved or infant becomes unresponsive
- 6) If child becomes unresponsive, start CPR but between each set of compressions, check infant’s mouth to see if obstruction is removed

