



# Step-by-step instructions for choking and infant CPR

for children under 1 year old

Every parent should know how to help a choking infant and how to perform CPR lifesaving techniques correctly. These step-by-step instructions can help improve your knowledge of these skills but are for general information only and do not take the place of CPR certification. Visit [safekidsstl.com](http://safekidsstl.com) to find a class near you.

## Help for a choking infant



**1** Place baby facedown on your forearm, supporting the neck and chin with your fingers and your hand tilted so the baby's head is slightly lower than his or her buttocks.



**2** Give 5 quick blows using the heel of your free hand, between the shoulder blades. If no object pops out, place him or her face up on the table or floor.



**3** Place two fingers in the middle of the breastbone just below nipple level and give 5 quick thrusts. Repeat the cycle until the object is dislodged or baby begins breathing.



**4** If your baby becomes limp or unconscious, **begin CPR immediately**. If you see an object in his or her mouth, remove it, but never put your fingers into the baby's throat.

## Infant CPR



**1** Shout and tap the baby on the shoulder and feet. If there is no response, position the infant on his or her back on a firm surface, such as the floor, and begin CPR.



**2** Give 30 compressions at the rate of at least 100 per minute, using two fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest.



**3** Open the airway using a head tilt, lifting the chin slightly.



**4** Give 2 gentle breaths by covering the baby's mouth and nose with your mouth. Each breath should be one second long. You should see his or her chest rise with each breath.

## Always call 9-1-1 when CPR is being administered.

If you are alone, perform the cycle for 2 minutes before calling 9-1-1. Tell EMTs that CPR is being performed, stay on the line and continue your cycle. Should your baby recover before help arrives, he or she should still be evaluated for further medical treatment.



# Step-by-step instructions for choking and child CPR

for children age 1-onset of puberty

Every parent should know how to help a choking child and how to perform CPR lifesaving techniques correctly. These step-by-step instructions can help improve your knowledge of these skills but are for general information only and do not take the place of CPR certification. Visit [safekidsstl.com](http://safekidsstl.com) to find a class near you.

## Help for a choking child



**1** Ask the child, "Are you choking?" If the child can speak or cough, stay with the child and encourage the child to cough. If he or she cannot speak or cough, tell the child you are going to help.



**2** Get behind the child. Wrap your arms around him or her, making a fist with one hand, placing the thumb side of your fist slightly between the breastbone and the belly button.



**3** Grasping your fist with your other hand, give quick upward thrusts into the belly until the object is forced out or until the child stops responding.



**4** If the child stops responding, lower the him or her to a firm, flat surface and yell for help. Check for breathing and begin CPR. If the child begins to respond or coughing, stop CPR.

## Child CPR



**1** Shout and tap the child on the shoulder. Yell for help. If there is no response, position the child on his or her back, on a firm, flat surface and begin CPR.



**2** Check for breathing. If the child is not breathing or only gasping, begin CPR.



**3** Give 30 compressions at the rate of at least 100 per minute, using the palm of one hand on the lower half of the breastbone. Press straight down on the chest about 2 inches, allowing the chest to come back to its normal position after each compression.



**4** Open the airway using a head tilt, lifting the chin slightly. Give 2 gentle breaths, making sure to pinch the child's nose and covering his or her mouth with your mouth. Each breath should be one second long. You should see his or her chest rise with each breath

## Always call 9-1-1 when CPR is being administered.

If you are alone, perform the cycle for 2 minutes before calling 9-1-1. Tell EMTs that CPR is being performed, stay on the line and continue your cycle. Should your baby recover before help arrives, he or she should still be evaluated for further medical treatment.