

CPR for babies under 12mths – in pictures

Being prepared and checking vital signs



Be prepared for emergencies by familiarising yourself with first aid procedures and keeping a list of emergency numbers in your mobile or by the phone.



If a baby is unconscious, check her mouth for any items blocking her airway. This could include her tongue, food, vomit or blood. If present, use your little finger to clear the blockage from her mouth.



Check for breathing. Listen for the sound of the breath, look for movements of the chest or feel for the breath on your cheek.

Rescue breathing



If baby is **breathing**, place her in the recovery position (shown above), **phone 000** and check her regularly for continued signs of life until the ambulance arrives.



If baby is **NOT breathing**, tilt her head back very slightly. Lift her chin to bring the tongue away from the back of the throat, opening her airway. Take a breath and seal her mouth and nose with your mouth. **Blow gently and steadily for about one second.** Watch for the rise and fall of the chest; take another breath and repeat the sequence.



If there are no signs of life after two breaths, make sure someone has phoned 000 and **commence chest compressions.**

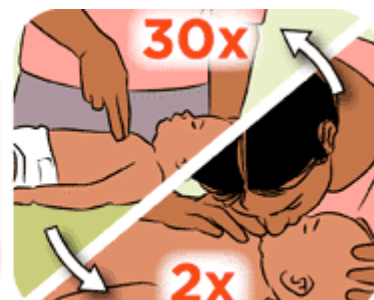
Chest compressions



Position two fingers in the centre of baby's chest and give **30 compressions at a rate of approximately 100 per minute.** Each compression should depress the chest by about one third.



After 30 compressions, take a breath, seal your mouth over baby's mouth and nose and give **two steady breaths.** Look for the rise and fall of the chest.



Continue giving 30 compressions followed by two breaths until medical help arrives. If signs of life return, put baby in the recovery position (shown in 3a). Continue to monitor breathing and be prepared to recommence CPR at any time.