

Infant CPR

Cardiopulmonary Resuscitation (CPR) is an emergency first aid procedure performed when a person's heartbeat or breathing has stopped. It is a combination of mouth-to-mouth ventilations (which provide oxygen to the lungs) and chest compressions (which keep blood circulating). Permanent brain damage may occur in as little as four minutes without oxygen.

1

Check for consciousness

- Try to rouse the baby by patting the shoulders or stroking the feet.
- Shout for help.

2

Check for breathing and open the airway



Look, listen and feel for breathing.



Open the airway by tilting the head back gently and lifting up the jaw.

3

No or abnormal breathing



Give 5 rescue breaths until the chest rises.

4

Begin CPR



Place 2 fingers upright, 1 finger space below an imaginary line drawn between both nipples.



Alternate between 30 compressions and 2 breaths.



- Call 995 after one minute of CPR, put the phone on speaker.
- Continue CPR until the baby breathes normally or paramedics arrive.

5

Put the baby in recovery position once breathing resumes

Continue to monitor the breathing. If there is no breathing, repeat Steps 3 and 4.

Other Resources:

For accredited child first aid training workshops, visit: **Red Cross** - www.redcross.sg | **Singapore Resuscitation and First Aid Council** - www.srfac.sg

Khoo Teck Puat - National University Children's Medical Institute

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