



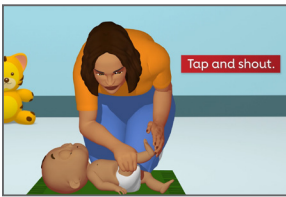
American Heart Association.

# Infant CPR Anytime®

## Skills Reminder—CPR

### Step 1

Make sure the scene is safe. Tap and shout to see if the infant responds.



### Step 2

Shout for help. Send someone to phone 9-1-1.



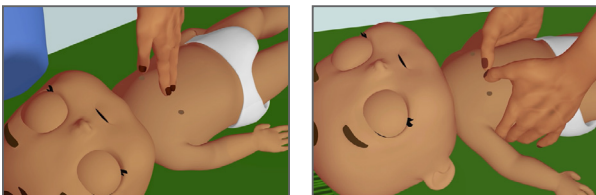
### Step 3

Look for no breathing or only gasping.



### Step 4

Push hard and fast 30 times on the chest.



### Step 5

Open the airway, give 2 breaths, and then return to pushes. Don't tilt the head back too far. Here's how to do it:

- Put one hand on the infant's forehead.
- Place the fingers of your other hand under the bony part of their chin. Be careful not to press on the neck.
- Tilt the head back and lift the chin.



### If you are alone

- Give 5 sets of 30 pushes and 2 breaths. Then, go phone 9-1-1.
- **If the infant isn't injured and you're alone, you can carry the infant with you while you go to phone 9-1-1.**
- Return to the infant and continue CPR.



## Remember

- Place **2 fingers** of 1 hand or **2 thumbs** or the **heel of 1 hand** in the center of the chest, just below the nipple line.
- Push straight down about 1½ inches.
- Let the **chest come all the way back up**.
- Push at a rate of **100 to 120** per minute.
- Try not to stop pushing on the chest for more than **10 seconds**, even when you give breaths.