Conscious Choking-Infant
CANNOT COUGH, CRY, OR BREATHE

1. Check the scene and the infant.
   - Identify yourself and ask the infant’s parent/guardian if you can help.
   - If the infant is coughing forcefully, allow continued coughing.

2. If the infant cannot cough, cry, or breathe...
   Have Someone Else Call 9-1-1 or the Workplace (Local) Emergency Number.

3. If the infant cannot cough, cry, or breathe...
   Give 5 Back Blows and 5 Chest Thrusts.
   - Carefully position the infant face down on your forearm, with your hand supporting the infant’s head and neck.
   - With the heel of your other hand, strike the infant between the shoulder blades 5 times.
   - Turn the infant over and place two or three fingers in the center of the breastbone.
   - Give 5 chest thrusts. Each thrust should be about \( \frac{1}{2} \) to 1 inch deep.

4. Continue back blows and chest thrusts until...
   - The object is forced out.
   - The infant begins to breathe on his or her own.
   - The infant becomes unconscious.

IF THE INFANT BECOMES UNCONSCIOUS, GO TO UNCONSCIOUS CHOKING-INFANT, STEP 3.

NOTE: Call 9-1-1 or the Workplace (Local) Emergency Number If Not Already Done So.

American Red Cross

Checking an Unconscious Infant
APPEARS TO BE UNCONSCIOUS

TIP: Apply basic precautions to prevent disease transmission.

1. Check the scene for safety, then check the infant.

2. Flick the infant’s foot or tap the infant’s shoulder and shout to see if the infant responds.

3. If the infant does not respond...
   Have Someone Else Call 9-1-1 or the Workplace (Local) Emergency Number.

NOTE: If You Are Alone, Provide 1 Minute of Care First, Then Call the Emergency Number.

4. Without moving the infant, look, listen, and feel for breathing for about 5 seconds.

5. If the infant is not breathing or you cannot tell...
   Roll the infant onto his or her back, while supporting its head and neck.

6. Tilt the head back and lift the chin slightly to open the airway.

7. If the infant is not breathing...
   Give 2 Rescue Breaths.
   - Seal your lips tightly around the infant’s mouth and nose.
   - Take a breath and breathe gently into the infant to make the chest clearly rise.

   IF BREATHS DO NOT GO IN, GO TO UNCONSCIOUS CHOKING-INFANT, STEP 1.

8. If breaths go in...
   - Find the pulse on the inside of the upper arm.
   - Look, listen, and feel for signs of circulation for no more than 10 seconds.
   - Look for severe bleeding.

   IF THERE ARE SIGNS OF CIRCULATION, GO TO RESCUE BREATHING-INFANT, STEP 1.
   OR

   IF THERE ARE NO SIGNS OF CIRCULATION, GO TO INFANT CPR, STEP 1.
Rescue Breathing—Infant

NO BREATHING, SHOWS SIGNS OF CIRCULATION
COMPLETE STEPS 1–8 CHECKING AN UNCONSCIOUS INFANT.

1. **If the infant shows signs of circulation but is not breathing...**
   **Give 1 Rescue Breath.**
   - Tilt the head back slightly and lift the chin to open the airway.
   - Seal your lips tightly around the infant’s mouth and nose.
   - Take a breath and gently breathe into the infant until the chest clearly rises.

   **TIP:** If a breathing barrier is not available, you may give breaths without one.

2. **Continue to give 1 rescue breath about every 3 seconds.**
   - Do this for about 1 minute (20 breaths).

   **TIP:** If you cannot make a tight seal over the infant’s mouth, breathe into the nose instead. Make sure the infant’s mouth is completely closed.

3. **Recheck for signs of circulation and breathing for no more than 10 seconds.**
   - Find the pulse on the inside of the upper arm.

   **NOTE:** Call 9-1-1 or the Workplace (Local) Emergency Number If Not Already Done So.

4. **If there are signs of circulation but no breathing...**
   **Continue Rescue Breathing.**

   **IF THERE ARE NO SIGNS OF CIRCULATION, GO TO INFANT CPR, STEP 1.**

   **TIP:** Always recheck signs of circulation and breathing about every minute when giving rescue breathing.

Infant CPR

NO BREATHING, NO SIGNS OF CIRCULATION
COMPLETE STEPS 1–8 CHECKING AN UNCONSCIOUS INFANT.

1. **If the infant shows no signs of circulation...**
   **Find Finger Position On The Breastbone.**
   - Place two fingers on the breastbone just below an imaginary line between the nipples.
   - Place your other hand on the infant’s forehead and tilt the head back to keep the airway open.

2. **Give 5 chest compressions.**
   - Compress the chest about 1 to 1 inch deep.

3. **Give 1 rescue breath.**
   - Tilt the head back with one hand on the forehead to open the airway.
   - Seal your lips tightly around the infant’s mouth and nose.
   - Take a breath and breathe slowly into the victim until the chest clearly rises.

4. **Do about 19 more cycles of 5 compressions and 1 rescue breath.**

5. **Recheck for signs of circulation and breathing for no more than 10 seconds.**

6. **If there are no signs of circulation...**
   **Continue CPR.**

   **IF THERE ARE SIGNS OF CIRCULATION BUT NO BREATHING, GO TO RESCUE BREATHING—INFANT, STEP 1.**

   **TIP:** Always recheck signs of circulation every few minutes when giving CPR. Twenty CPR cycles should take about 1 minute.

   **NOTE:** Continue CPR Until—
   - You See or Feel Signs of Circulation.
   - Another Trained Responder Arrives and Takes Over.
   - You Are Too Exhausted to Continue.
   - The Scene Becomes Unsafe.
Unconscious Choking—Infant

Unconscious, Breaths Do Not Go In

Complete steps 1-7 checking an unconscious infant.

1. If breaths do not go in...
   Reposition the Airway By Tilting the Head Further Back and Give 2 Rescue Breaths Again.
   - Tilt the head back slightly and lift the chin to open the airway.
   - Seal your lips tightly around the infant’s mouth and nose.
   - Take a breath and breathe gently into the infant.

2. Give 5 chest compressions.
   - Place two or three fingers in the center of the breastbone.
   - Give 5 chest compressions. Each compression should be about \( \frac{1}{2} \) to 1 inch deep.

3. Look for a foreign object.
   - If the object is seen, sweep it out with your little finger.

4. Give 1 rescue breath.
   - If the breath goes in, give another breath and check for signs of circulation for no more than 10 seconds.
   - If the breath still does not go in, continue cycles of chest compressions, look for a foreign object/removal, and rescue breaths.

5. If there are signs of circulation and breathing...
   Continue Monitoring Signs of Circulation and Breathing.

If there are no signs of circulation or breathing, go to infant CPR, step 1.

Or

If there are signs of circulation and no breathing, go to Rescue Breathing—Infant, step 1.