

Infant Resuscitation



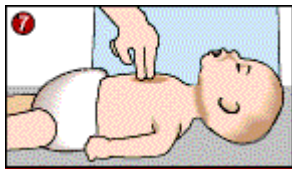
1. Shout and Tap

Shout your baby's name and gently tap him/her on the shoulder. If there is no response, position your baby on his/her back.



2. Check Breathing

Look for chest movement, listen for sounds of breathing and feel for breath on your cheek. Do this for no more than 10 seconds. If he/she is not breathing (or only gasping) start chest compressions



3. Give 30 Chest Compressions

Give **30 chest compressions** at the rate of 120 / minute. "Push fast"
Use 2 fingers in the centre of the chest just below the nipples. Press down approximately $\frac{1}{3}$ (1.5 inches/4cms) the depth of the chest "Push hard". Allow the chest to recoil completely between compressions.



4. Open the Airway

After 30 compressions open the airway using a head tilt lifting of the chin. Clear the mouth of mucous/milk, if visible. Do not tilt the head too far back



5. Give 2 Breaths

If he/she is not breathing give **2 breaths**. Cover your baby's mouth and nose with your mouth. Each breath should be 1 second long. You should see the baby's chest rise with each breath.



6. Repeat 30:2 breaths for 2 minutes

Repeat with 30 compressions followed by 2 breaths (**30:2**) for 2 minutes (approximately 5 cycles) before calling 999. Continue giving compressions and breaths while awaiting help.