

Basic Life Support For Infants Less Than 12 months

Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for your child.

Check the area for DANGER to yourself and others

Check your baby for any RESPONSE

- Infants and children should never be shaken.
- Nudge baby's shoulder.
- If no response.....

Shout for HELP (second person arriving to call 000 for ambulance)

Check Airway and Breathing

- Lie baby on their back and slightly tilt head back and support chin forward.
- Open mouth, look for any foreign material and remove anything **visible** with your fingers.
- **LOOK** for chest movement.
- **LISTEN & FEEL** for warm air coming out of nose and mouth.



If not breathingGIVE RESCUE BREATHS

- Place your mouth over your baby's mouth and nose ensuring a good seal.
- Give 2 gentle breaths, each breath should be enough that your baby's chest rises and falls with each breath.
- If your baby starts breathing, turn them onto their side and remain with your baby until arrival of the ambulance.

If your baby is still not breathing
LOOK for any signs of life

- Movement / Response
- Coughing / Breathing

If no signs of life start Cardiopulmonary Resuscitation (CPR)

1. Visualise the centre of the chest; place 2 fingers on the lower half of the breastbone (sternum).
2. Start chest compressions. Push the chest down by one-third the depth of your baby's chest. Give **30** chest compressions and then give **2** breaths. Continue with this, aiming to give 100 chest compressions per minute.



3. If your baby starts breathing, turn them onto side and stay with baby until ambulance officers arrive. Call for help if you haven't already done this.
4. If your baby shows no signs of life after 1 minute and an ambulance has not been called, take your baby with you to the nearest telephone and continue to do CPR and call the ambulance:

- Dial 000... Ask for an ambulance
- Give your exact address, including cross-street & suburb
- Tell them you are doing CPR on a baby
- Do not hang up

5. Continue CPR until the ambulance officers arrive or your baby begins to breathe.

Remember:

"Any attempt to resuscitate is better than none"