

How to administer CPR to infants



If an infant is unresponsive and not breathing normally, or at all, you need to start CPR straight away. To do this, you should:



1

Ensure 999 or 112 have been called and placed on speakerphone.

If you are alone and do not have a phone, give one minute of CPR before going to find help.



2

Place the infant on a flat, firm surface and start CPR. Gently open their airway by placing one hand on their forehead and tilting their head back, using the fingertips of your other hand to gently lift their chin.



3

You should begin with five rescue breaths. Seal your lips around the infant's mouth and nose and blow steadily for around one second until the infant's chest rises. Remove your mouth and wait for the chest to fall. Repeat this for a total of five initial rescue breaths.

Compress
1/3rd
of chest depth

4

Give chest compressions at a rate of 100 to 120 a minute. To perform chest compressions, encircle the infant's chest with your fingers supporting their back, and place one thumb on top of the other on the lower half of the breastbone. Using your two thumbs, press down to a third of the depth of the chest. If you are unable to reach a third of the depth, you may need to use the one-hand technique to deliver the compressions. Follow these with two rescue breaths.

5

Repeat the sequence of 30 compressions and two rescue breaths until the infant begins to breathe normally or emergency help arrives. If you have received practical training and have been deemed competent, you may be advised to perform CPR at a rate of 15 chest compressions to two rescue breaths on infants, children and adolescents. Where this is not the case or if you are unsure, 30 chest compressions to two rescue breaths is still advised.

6



Put the infant into the recovery position if they start to breathe normally. Continue to monitor their condition as you may need to give CPR again.