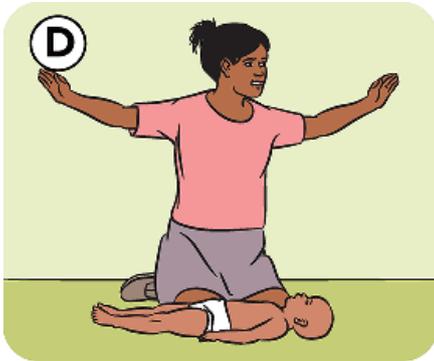
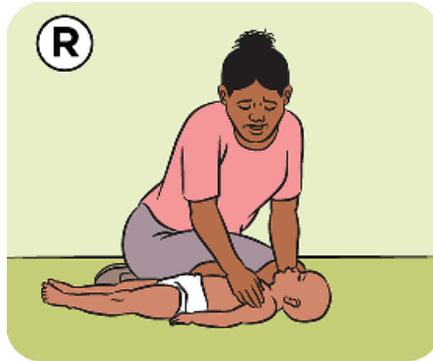


CPR for babies under 12 months

Before starting baby CPR: danger, response, send for help



Danger
Check around you for danger. Remove baby and yourself from danger.

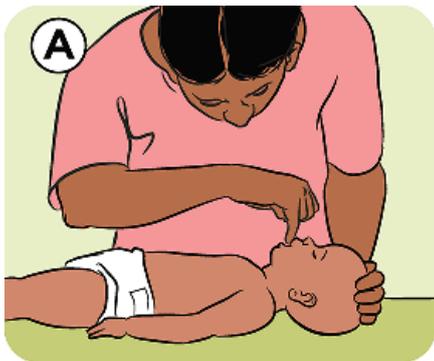


Response
Check baby for a response. Talk loudly and squeeze baby's shoulders. See whether baby opens their eyes or cries.

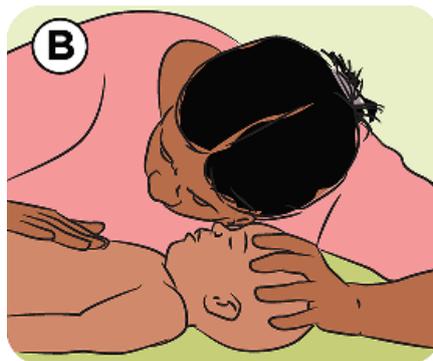


Send for help
If baby isn't responding or is breathing abnormally, call 000 for an ambulance.

Next steps: airway, breathing



Airway
Check baby's mouth for airway blockages like food, vomit or blood. Use your little finger to clear any blockages. But don't put your finger into the back of baby's throat.



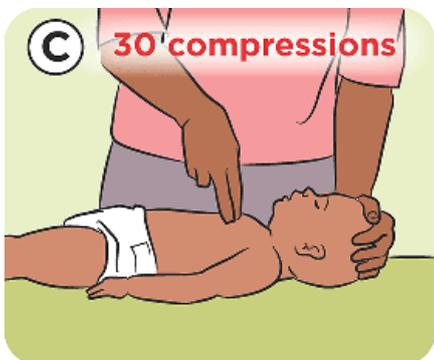
Breathing
Check for breathing. Look for chest movements, listen for breathing sounds, or feel for breath on your cheek.



Baby breathing?
Place baby in the recovery position on their side with their head tilted down. Check baby regularly for breathing and responses until the ambulance arrives.

Baby not breathing? Start CPR.

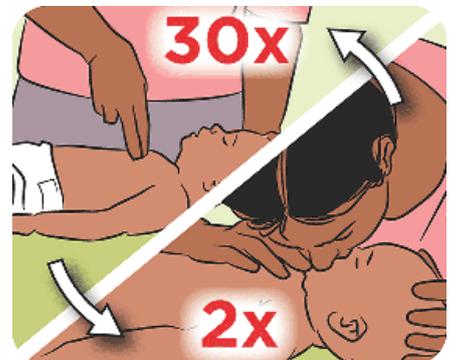
Start baby CPR



CPR
Place baby on a firm surface. Put 2 fingers in the centre of baby's chest, between their nipples. Do 30 compressions at a rate of **2 compressions per second**. Each compression should push the chest down by about one-third.



Hold baby's head so that their chin doesn't drop and their head is tilted upwards. Take a breath and seal baby's mouth and nose with your mouth. **Blow gently** for one second, and watch for the chest to rise. Watch, listen or feel for air leaving baby's chest. Take another breath and repeat. If baby's chest doesn't rise and fall, check again for blockages.



Keep giving 30 compressions followed by 2 breaths until medical help arrives. If baby starts breathing and responding, put baby into the recovery position. Keep watching baby's breathing. **Be ready to start CPR** again at any time.