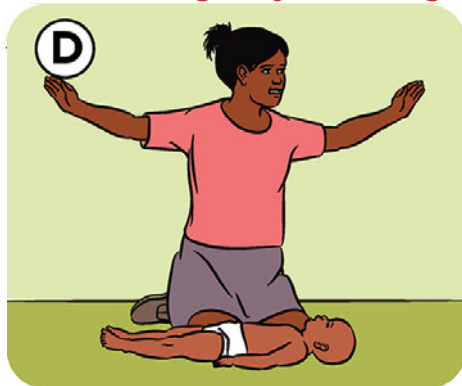


## CPR for babies under 12 months

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



#### Danger

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



#### Response

Check baby for a response. Ask baby to open their eyes. Squeeze their shoulders.



#### Send for help

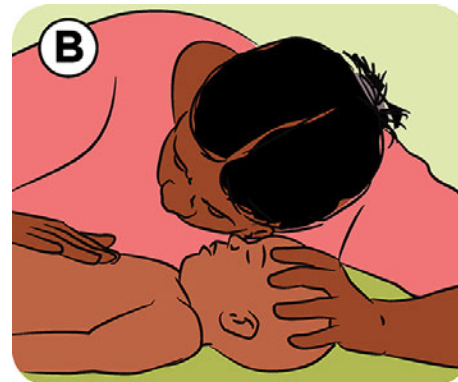
If baby is unconscious, not responding or breathing abnormally, call 000 for an ambulance.

### Next steps: airways, breathing



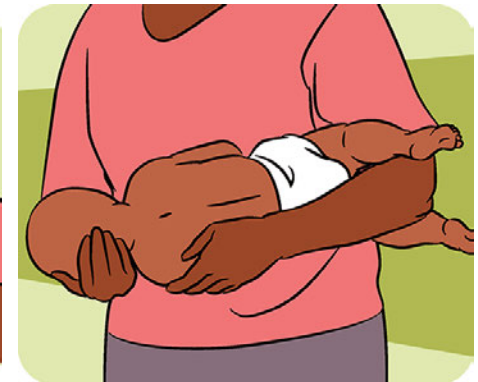
#### Airway

Check baby's mouth for airway blockages like the tongue, food, vomit or blood. If there's a blockage, use your little finger to clear it. Place baby on their back with head in a neutral position (head straight, chin not bent down or up) to open their airway.



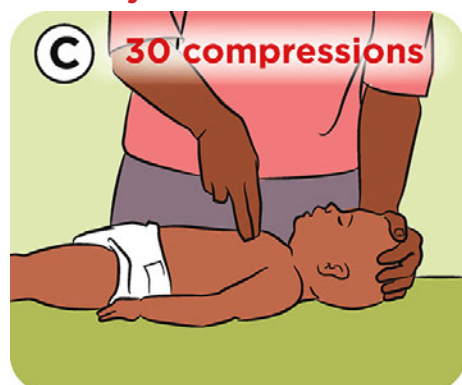
#### Breathing

If there are no blockages or you've cleared blockages, check for breathing. Look for chest movements, listen for breathing sounds, or feel for breath on your cheek.



**Baby breathing normally?** 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.

### Start baby CPR

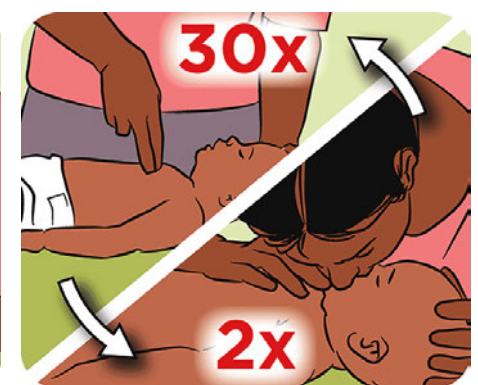


#### CPR

Put two fingers in the centre of baby's chest. 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 down. Take a breath and seal baby's mouth and nose with your mouth. **Blow gently** and watch for the chest to rise. Take another breath with your head turned towards baby's chest. Watch, listen or feel for air leaving the chest. Repeat.



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