



St John

**Saving Lives –
at Work, Home
and Play**

One Rescuer CPR

Infant casualty (under 1 yr)



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1. Assess the baby's responsiveness. If there is no response then;
2. Send or go (call) for medical help. If possible, carry baby with you to the telephone.
3. Place baby face up (be sure to protect their neck and head during any movement). Open the airway by pushing backward on their forehead and lift the chin. Be careful not to over extend the baby's neck as this could cause the airway to close.
4. Keep the head tilted and place your ear near the baby's mouth and nose. Check for normal breathing for up to 10 seconds. If casualty is not breathing then;
5. Seal your mouth around the baby's mouth and nose.
6. Blow enough air to make the chest rise.
7. Repeat.
8. If the chest still doesn't rise, make sure the casualty is on a firm surface and position your two fingers on the breastbone just below the nipple line - START CPR.
9. Using your two fingers, give 30 compressions then two ventilations.



Continue with compressions and ventilations until either;

- An AED (Automated External Defibrillator) is applied, or
- The casualty starts to respond, or
- Another first aider or medical help takes over, or
- You are exhausted and cannot continue.



EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....