

Step-by-Step Infant CPR Guide

In an emergency situation the **DRSABCD** action must be followed first before starting CPR. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.

CPR is performed at a ratio of

30

Compressions

2

Rescue breaths

D

01

CHECK FOR DANGER

Ensure the area is safe for you and the infant.



R

02

CHECK RESPONSE

Gently tap the infant or call their name. If unresponsive, proceed.



S

03

SEND FOR HELP

Call Triple Zero (**000**) for emergency assistance, or ask someone else to call.



A

04

OPEN AIRWAY

Place the infant on their back on a firm surface. Gently tilt the head to a neutral position (do not overextend). Lift the chin to open the airway



B

05

CHECK BREATHING

- A Look, listen, and feel for normal breathing for up to 10 seconds.
- B If the infant is breathing, place them in the recovery position and monitor.
- C If not breathing or only gasping, start CPR.



C

06

START CHEST COMPRESSIONS

- A Place two fingers in the centre of the chest, just below the nipple line.
- B Press down about one-third the depth of the chest (approx. 4 cm).
- C Give 30 compressions at a rate of 100–120 per minute



07

GIVE RESCUE BREATHS

- A After 30 compressions, give 2 gentle breaths.
- B Seal your mouth over the infant's mouth and nose.
- C Blow gently for about 1 second, watching for the chest to rise.
- D If the chest does not rise, recheck the airway and seal, and try again.



08

CONTINUE CPR

Keep repeating cycles of 30 compressions and 2 breaths (30:2) until:

- A The infant starts breathing normally
- B Emergency help arrives and takes over
- C You are too exhausted to continue

