

CPR REVIEW (INFANT)

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CPR - Infant casualty (1 years old and under)

You must obtain consent from the parent or guardian prior to performing first aid on an infant whether conscious or unconscious.

- Begin ESM, start the scene survey. Identify yourself as a first aider to the parent or guardian and offer to help. If there is no parent or guardian to obtain consent from, you **MUST CALL EMERGENCY SERVICES FIRST** and then make the judgement call whether to proceed further.
- Assess responsiveness, gently tap the baby's feet, if there is no response, next step.
- Get medical help, or send a bystander to get help.
- Place the baby face up, protecting the head and neck during any movement. Open the airway by tilting the head.
- Keep the head tilted and place your ear near the baby's mouth and nose. Check for breathing for up to 10 seconds. Look, listen and feel (same as adult and child CPR)

The back of an infants head is quite large to the rest of their body. This causes the baby's head to come forward and close off the airway. When giving AR or CPR it may help to put a thin pad under the shoulders to help keep the airway open but don't waste time looking for a pad. Also, unlike an adult or child, it is possible to over-tilt the head back which will also close the airway. So, if you have tilted the head back and it seems like air is not getting into the infant, slightly move the head forward and try again.

- Breathe into the casualty twice. An infants lungs are easily filled with the amount of air an average adult can place in their own mouth in order to extend their cheeks. It just takes puffs not breaths to fill their lungs. Observe the chest, if it rises, you have put the correct amount of air in.

- Check for signs of circulation-movement, coughing as a response to the 2 breaths, and a brachial pulse. Start CPR if you cant find the pulse. The brachial pulse is located inside the upper inner arm, midway between the armpit and elbow.
- Make sure the casualty is on a firm, flat surface and landmark to position the tips of two fingers on the chest for chest compressions.
- Give CPR for one minute, give five compressions and one ventilation, this is one cycle of 5:1 (5 compressions to 1 breath-puff) If there is no pulse or breathing, go to the next step.
- Continue compressions and ventilations in the ratio of 5:1, starting with compressions. Check for signs of circulation and breathing every few minutes. Continue CPR until either signs of circulation return, another first aider takes over, medical help takes over or you are exhausted and cant continue.

If you are exhausted and cannot continue, stop but remain with the casualty until help arrives.