4. If the object is still not dislodged after 5 back blows, roll the infant over onto his or her back and perform 5 chest thrusts in the same manner as the chest compressions described in One Rescuer Infant CPR.

5. Open the infant's mouth gently and check for visible foreign bodies. Remove the foreign body with your little finger only if it is visible.

6. Continue this cycle of 5 back blows and 5 chest thrusts until the object is dislodged or the infant becomes unconscious.
7. If the infant becomes unconscious, support and position him or her on a firm and flat surface.
8. Call 995 and start 30 chest compressions.
9. Repeat Step 5 and check for breathing: Look, Listen and Feel (10 seconds).
10. If breathing is absent, attempt 1 ventilation.
11. If the infant's chest does not rise, reposition him or her with head tilt-chin lift manoeuver and repeat Step 5.
12. Attempt second ventilation.
13. If the infant's chest does not rise, commence 30 chest compressions.
14. Repeat steps 9 to 13 till help arrives and takes over or the infant starts breathing, coughing, talking or moving.

How can I prevent my infant from choking?

- Do not give toys with small parts to children below 3 years old.
- Watch babies or toddlers while they are eating. Do not give small food items like nuts, grapes or popcorn which they may choke on.

About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children's Emergency
Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 5000

KTP-NUCMI
Location: NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222
Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre
Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8am – 5.30pm (Mon to Fri)
Appointment Line: +65 6772 5030 Fax: +65 6872 4314
Email: cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang
Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childrenucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC
Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong
Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

National University Hospital
Location: 5 Lower Kent Ridge Road, Singapore 119074
Tel: +65 6908 2222 Email: contactus@nuhs.edu.sg
Website: www.nuh.com.sg

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Information is correct at the time of printing (October 2022) and subject to revision without prior notice.

National University Hospital

Infant Cardiopulmonary Resuscitation

Khoo Teck Puat – National University Children's Medical Institute

Cardiopulmonary Resuscitation (CPR)

Cardiopulmonary Resuscitation (CPR) is an emergency first aid procedure performed when a person's heartbeat or breathing has stopped. It is a combination of mouth-to-mouth ventilations (which provide oxygen to the lungs) and chest compressions (which keep blood circulating). Permanent brain damage may occur in as little as 4 minutes without oxygen.

One Rescuer Infant CPR

1. Check for responsiveness

Remove the infant's clothing and place him or her on a firm and flat surface.

Tap the infant's shoulder or tickle his or her sole to elicit a response.

If the infant is unresponsive, call 995.

The following steps 2 to 4 have to be completed within 10 seconds.

2. Open airway

Lift the infant's chin with one hand and push his or her forehead down with the other hand (head tilt-chin lift manoeuver). Do not overextend his or her neck.

3. Check for breathing (Look, Listen and Feel)

Place your ear and cheek near the infant's mouth and nose.

Look for the rise and fall of his or her chest.

Listen for escaping air when he or she breathes out.

Feel for any airflow.

4. Check for pulse

While maintaining head tilt with one hand on the infant's forehead, feel for a pulse at the inner aspect of his or her arm near the elbow with 2 fingers of your hand. If there is no pulse or you are unsure about the presence of a pulse, start performing chest compression.

5. Chest compression

To locate the position for chest compression, place 3 fingers on the breastbone – 1 finger should be at an imaginary line between the nipples while the other 2 should be placed below it. Position the fingers upright.

Lift up the finger which is at the imaginary line and perform chest compression with the other 2 fingers.

Press down directly about 1/3 the depth of the infant's chest.

Give 30 chest compressions while counting aloud:
[1 and 2 and 3 and 4 and 5 and, 1 and 2 and 3 and 4 and 10 and, 1 and 2 and 3 and 4 and 15, 1 and 2 and 3 and 4 and 20, 1 and 2 and 3 and 4 and 25, 1 and 2 and 3 and 4 and 30].

Perform 2 mouth-to-mouth ventilations after the chest compressions. Allow for lung deflation between each breath.

6. Call 995 if you have not already done so after performing CPR on the infant for 1 minute.

Continue performing CPR until the infant shows spontaneous breaths or cries or when help arrives.

Removal of Foreign Object Causing Airway Obstruction

An infant is choking if he or she is unable to breathe, cry or make a sound despite making an effort, has bluish skin colour or is losing consciousness.

If the infant is coughing forcefully or crying vigorously, **do not** perform the steps listed below. Strong coughs and cries can help push the foreign object out of the airway.

If the infant is not coughing forcefully or does not have a strong cry, follow these steps:

1. "Sandwich" the infant between your hands and arms while supporting his or her head and neck.

2. Place the infant face down with his or her head lower than the trunk along your forearm.

Use your thigh for support.

3. Give 5 forceful back blows between the infant's shoulder blades with the heel of your hand.