

# Infant 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 four minutes without oxygen.

1

## Check for consciousness

- Try to rouse the baby by patting the shoulders or stroking the feet.
- Shout for help.

2

## Check for breathing and open the airway



Look, listen and feel for breathing.



Open the airway by tilting the head back gently and lifting up the jaw.

3

## No or abnormal breathing



Give 5 rescue breaths until the chest rises.

4

## Begin CPR



Place 2 fingers upright, 1 finger space below an imaginary line drawn between both nipples.



Alternate between 30 compressions and 2 breaths.



- Call 995 after one minute of CPR, put the phone on speaker.
- Continue CPR until the baby breathes normally or paramedics arrive.

5

## Put the baby in recovery position once breathing resumes

Continue to monitor the breathing. If there is no breathing, repeat Steps 3 and 4.

### Other Resources:

For accredited child first aid training workshops, visit: **Red Cross** - [www.redcross.sg](http://www.redcross.sg) | **Singapore Resuscitation and First Aid Council** - [www.srfac.sg](http://www.srfac.sg)

### Khoo Teck Puat - National University Children's Medical Institute

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, and are 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](http://www.nuh.com.sg/ktp-nucmi).