BASIC LIFE SUPPORT

AustraliaWide First Aid

CHECK FOR **DANGER**

Quickly assess the situation, check for dangers and ensure safety to:

➤ **Self, bystanders, and the infant.**

CHECK FOR **RESPONSE**

Look for a response from the infant - a response to a loud voice or gently squeeze the infant's shoulders.

> **Do not shake the infant**

> **No response:** Send for help

SEND FOR HELP

Call **(000)** for an ambulance or ask another person to make the call so that you can continue to assess the infant.

OPEN THE **AIRWAY**

Check for any blockages such as food, vomit, blood or loose teeth. If present, clear it out with your finger. Open the airway by gently lifting the infant's chin so that the head and neck remain in a neutral position.

CHECK **BREATHING**

LOOK
For the rise and fall of the chest or abdomen.

LISTEN
For air escaping the nose and mouth.

FEEL
For the movement of air from the nose and mouth.

Breathing normally: place the infant in the recovery position and monitor their breathing.
Not breathing or abnormal breathing: start CPR immediately.

START **CPR**

30 compressions : **2** breaths
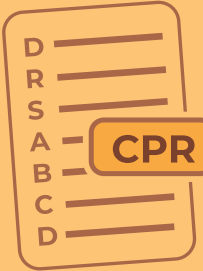
ATTACH **DEFIBRILLATOR** (AED)

Where an AED is available, attach it as soon as possible and follow the instructions.

Continue CPR and defibrillation until signs of life resume or medical professionals take over.

D R S A B C D

CPR GUIDE
INFANT (< 1 Year)
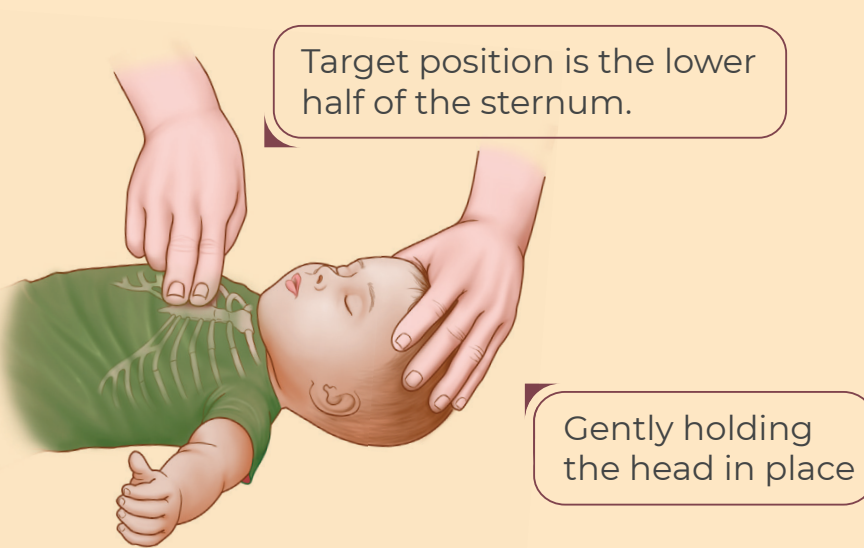
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In an emergency situation the DRSABCD flowchart must be followed first. If you have done so and deem CPR necessary for the infant then follow the diagrams below.
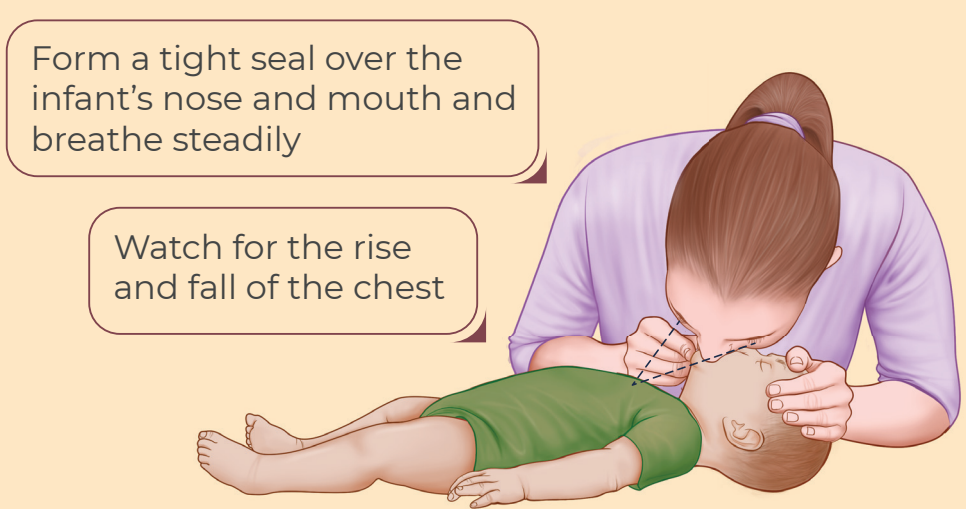
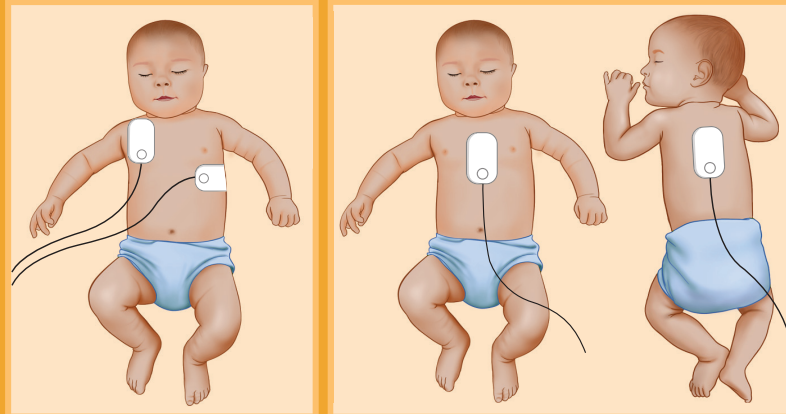CPR is performed at a ratio of
30 compressions
2 rescue breaths

01 Perform 30 compressions moderately hard and fast - at a rate of **100-120** per minute.

Target position is the lower half of the sternum.

Gently holding the head in place

Use two fingers

Infant is on a firm surface on their back

02 Perform 2 rescue breaths.

Head is held in a neutral position with the chin lifted slightly

Form a tight seal over the infant's nose and mouth and breathe steadily

Watch for the rise and fall of the chest

If an AED is available - turn AED on and follow the AED's instructions.

Pad position for male/female infant

Alternate position for male/female infant if the pads would touch

CONTINUE CPR UNTIL THE INFANT BREATHES NORMALLY OR MEDICAL PROFESSIONALS TAKE OVER

If the infant resumes normal breathing then hold them in the *recovery position* and monitor their breathing until an ambulance arrives.

Recovery position

Cradle the infant in your arms with their head tilted downwards