



## Guidelines for Parents Infant CPR (for infants aged one month to one year) מדריך להורים החייאת תינוקות (מגיל חודש עד שנה)

Most cases of cardiac arrest in infants occur due to a lack of oxygen; therefore, you must ensure an adequate supply of air to the baby as soon as possible.

If it is clear to you that the baby's airways are blocked, first perform the first aid procedures for choking (see below).

If you do not know why the baby isn't breathing, perform the following actions:

- Check whether the baby is conscious or unconscious: cuddle the baby and check if he responds.

### Never shake the baby!

- If the baby does not respond and there is another person with you, ask him to dial 101 – MDA and to call for help.
- At the same time, start performing CPR (as demonstrated in the pictures and described in the explanation below)
- If you are alone, perform CPR for 2 minutes (5 cycles of compressions and mouth-to-mouth resuscitations) and then dial 101 – MDA and call for help.

### CPR:



1 →



2 →



3 →



4

### 1. Compressions –

Regulation of blood flow by chest compressions.

If the baby is breathing, coughing or moving – **do not perform chest compressions**, since they may stop cardiac activity.

1.1 Lay the baby on his back on a rigid surface.

1.2 Imagine a horizontal line between the baby's nipples. Place 2 fingers of one hand under this line, in the center of the baby's chest.

1.3 Gently press the baby's chest inwards to the depth of about 4 cm.

1.4 Perform the compressions at a rapid rate of about 100 compressions per minute. Count the compressions out loud!

### 2. Airway examination–

2.1 To open the baby's airway, place your hand on the baby's forehead and tilt his head backwards.

2.2 Using 2 fingers of your other hand, gently tilt the chin up and forward to open the airway.

2.3 Check whether the chest is moving up and down, listen whether breathing sounds are heard and try to feel the breath on your cheek.

Short, choking breaths are not considered normal.

If there is no evidence of breathing or if the baby is blue / grey or non-responsive, start performing mouth-to-mouth resuscitation.

### 3. Mouth-to-mouth resuscitation –

3.1 With the baby's head tilted backwards and the airways open, cover the baby's nose and mouth with your mouth.



3.2 Perform the first mouth-to-mouth resuscitation (exhaling into his mouth and nose) for 1 second and check whether the chest rises.

Resuscitate **gently** using a mouthful of air and not with a deep breath from your lungs.

3.3 Perform the second mouth-to-mouth resuscitation.

3.4 If the chest is not rising, open the baby's mouth and check for the presence of a foreign object.

3.5 If you discern a foreign object in the oral cavity, gently remove it with your fingers.

3.6 If the airway is blocked, perform first the first aid procedures for choking (see below).

3.7 Continue performing 2 mouth-to-mouth resuscitations after each set of 30 chest compressions for 2 minutes and then dial 101 – MDA.

- Continue performing CPR until the emergency team arrives, or until the baby shows signs of movement or breathes spontaneously.
- If the baby is breathing spontaneously, cradle him in your arms with his head is well supported and his face directed downwards to prevent choking due to vomit or saliva and wait for the emergency team.

#### **Choking – removal of a foreign object from the respiratory tract:**

If the baby becomes cyanotic and you believe that he is suffocating, act according to the following instructions:



- If the baby is coughing and crying, hold him with the upper part of his body upright.
- If the baby stops coughing and crying and signs of choking appear (the baby is unsuccessfully trying to cough and/or displays signs of cyanosis: the skin of the lips and fingertips turns blue), immediately perform the following actions:
  1. Tilt the baby onto his abdomen, with his head placed lower than the body; hold his head and face firmly with one hand.
  2. With your other hand, tap on his upper back between the shoulder blades several times as shown in the picture.
  3. Lay the baby on his back, open the airway and look into his mouth. If you discern a foreign object, insert your finger into the baby's mouth and try to remove it gently. **Do not attempt to remove a foreign object if you cannot identify it clearly – we may cause further damage by pushing it inwards.**
  4. If the foreign object was not removed, press the center of the chest bone several times, as when performing a cardiac massage.
  5. After removing the foreign object – open the airway (as explained in section 2 on the previous page).
  6. If the baby is not breathing, perform **CPR!** (compressions, airway examination, mouth-to-mouth resuscitation).

It is important to read the guidelines periodically, in order to be ready for action when required