

How to Perform Child and Infant CPR

If a child or an infant's heart stops, you should provide compressions with breaths.



American
Heart
Association.

Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.



Step 2

Shout for help.

If you're alone and have a phone, call 9-1-1 and perform CPR with 30 compressions and then 2 breaths.

If you need to leave the child or infant to call 9-1-1, make sure to provide 5 cycles of 30 compressions and 2 breaths before leaving to call 911 and get the AED.

If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.



Step 3

Provide CPR with compressions and breaths.



■ Child CPR

Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands.

Provide 30 compressions and then 2 breaths. Repeat cycles.



■ Infant CPR

Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers.

Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

Learn CPR. Save a Life.

heart.org/CPRAnytime