



Lakes Regional  
Healthcare

An Avera Partner

Cardiopulmonary  
Resuscitation (CPR)  
and Obstructed  
Airway for the Infant

# Being prepared can make a difference between life and death.

The teaching of Infant CPR and Obstructed Airway (Conscious and Unconscious) is not to replace a comprehensive certified course. If you wish to be certified in the American Heart Association (AHA) for Basic Cardiac Life Support (CPR) – Infant, Child and Adult, contact your local AHA office, community college or EMS organization.

## **Courses are available locally through:**

### **Iowa Lakes Community College**

300 S. 18th St.  
Estherville, IA 51334  
712-362-7231

### **Dickinson County EMS Association**

809 Lake St.  
Spirit Lake, IA 51360  
712-336-2889

Presented by:

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Presented to:

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Whether you are a parent, caregiver or sibling, you would do anything to keep your precious infant safe.

No matter how safe you keep baby's environment, little hands tend to find foreign objects to put in his or her mouth. Baby may also try swallowing bigger pieces of food while eating.

Lakes Regional Healthcare, an Avera Partner, helps parents and caregivers understand the signs of infant choking, how to contact emergency personnel and how to perform the proper infant CPR steps that can save your child's life.

### Infant Choking, but Conscious

1. Confirm serious breathing difficulty. Look for ineffective cough, blue lips and/or fingertips, and baby appearing to cry but weak or no noise heard.
2. Give five back blows and five chest thrusts.
3. Repeat step two until obstruction is relieved or until the infant goes unresponsive.

### Infant Becomes Unresponsive

4. Start CPR.
5. If a second rescuer is available, have him or her call 911. If no one is available, and after one minute of CPR, bring the infant with you to the phone and call 911.

## Infant CPR

1. Establish unresponsiveness by tapping the bottom of the infant's foot, gently shaking the infant and stating the infant's name or "Baby, Baby are you okay?" Shout for help. Send someone to call 911.
2. Open the infant's airway using the head tilt and chin lift.
3. Look at the infant's chest for movement, listen to the infant's mouth for breath sounds and feel for air on your cheek from the infant's exhaled breath.
4. Attempt to ventilate the infant covering the infant's mouth and nose with your mouth. If the first breath goes in, allow for exhalation and then give a second breath.
5. Look for signs of movement or breathing. If they are absent, immediately begin chest compressions.
6. Proper positioning is placing two fingers just below an imaginary line drawn between the nipples of the infant's chest. The fingers should be in the center of the chest on the breastbone. Compressions should be 1/2 – 1 inch in depth.

7. Compressions should be performed 30 times and then two breaths should be given.
8. Repeat step seven for about two minutes or five cycles.
9. After one minute, call 911.
10. If no signs of movement or breathing are present, continue with step seven. If signs of movement or breathing are present, observe the infant closely. Give one breath every three seconds.

Infant may stop breathing again,  
so observe the infant very closely.



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### **Lakes Regional Hospital**

Highway 71 South  
P.O. Box AB  
Spirit Lake, Iowa 51360  
712-336-1230

### **Lakes Regional Community Health Center**

1003 21st St.  
Milford, Iowa 51351  
712-338-9998

### **Lakes Regional Home Care & Hospice**

1003 21st St.  
Milford, Iowa 51351  
712-338-9998

### **Dickinson County Public Health**

Highway 71 South  
P.O. Box AB  
Spirit Lake, Iowa 51360  
712-336-2682

**[lakeshealth.org](https://lakeshealth.org)**