

# Infant Basic Life Support



**S**afe

**S**timulate

**S**hout

**A**irway

**B**reathing

**C**irculation



This leaflet is not a comprehensive guide.  
It is intended as a simple aide memoire to complement a structured  
teaching programme and must not be used in isolation.

# Basic Life Support

## 1 Safety

- Check area is safe.



## 2 Stimulate

- Try to wake the baby by clapping, shouting their name, then tickle fingers and toes, if no response.



## 3 Shout for Help

- If someone is available ask them to ring 999 stating that there is a baby who is unresponsive and wait on the phone whilst you assess the baby.



## 4 Airway

- Tilt the head and lift the chin (eyes facing the ceiling - neutral position).



## 5 Breathing

- Look
- Listen
- Feel for normal breathing for up to 10 seconds, ignore gasps.



## If gasping or not breathing

### 6 Give 5 breaths

- Place your mouth over the mouth and nose of the baby.  
Deliver a breath over 1 second and take a breath yourself.  
Repeat 4 times.



### 7 Circulation

- If there is no response during the delivery of the five breaths, such as cough, gag or there is no movement, start chest compressions.



### 8 Chest compressions

- Give 30 chest compressions.  
Place two fingers on the lower third of the breast bone.  
Compress the chest at least one third of its depth.



### 9 Continue to give

- 2 breaths to 30 chest compressions for 1 minute (four cycles of 2 breaths and 30 compressions).

## If you are on your own after 1 minute

### 10 Call 999 or 112

- Continue with 2 breaths and 30 compressions until help arrives.



# Choking

## 1 Safety

- Check area is safe.

## 2 Encourage to cough



## 3 Shout for help



## 4 Back blows

- Give up to 5 back blows.



## If still choking

## 5 Chest thrusts

- Give up to 5 chest thrusts.



## If still choking

### 6 Repeat steps 4 - 5

- Ensure an ambulance is called.



If the infant loses consciousness at any time follow the Basic Life Support sequence on pages 2 and 3 from step 4.

This leaflet has been adapted from a model developed by the Association of Paediatric Resuscitation Officers.

If you have any comments about this leaflet or the service you have received you can contact :

Trust Resuscitation Committee  
CWF Representative  
PAOU  
Huddersfield Royal Infirmary

Telephone No: 01484 342482

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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