

Fast Facts

CPR

<i>Step</i>	<i>Adult</i>	<i>Child (1-8 years old)</i>	<i>Infant (<1 year old)</i>
1	Make sure the person is on a flat, firm surface	Make sure the child is on a flat, firm surface	Can be a table
2	Kneel next to the person's neck/shoulders	Kneel next to the child's neck/shoulders	Stand next to table
3	Place the heel of one hand over the center of the person's chest, put your other hand on top of the first hand (remember to keep your elbows straight and position your shoulders above your hands)	Use only one hand in the center of the chest, but make sure your elbow is straight	Imagine a horizontal line between the baby's nipples and place two fingers of one hand just below that line in the center of the chest
4	Use the weight of your upper body to push straight down about 2 inches at a rate of about 100 compressions a minute	Do not push as hard as an adult (only 1 – 1.5 inches)	Gently compress (only 0.5 to 1 inch)
5	Continue until emergency personnel arrive, you become exhausted, or the surrounding area becomes unsafe	Continue until emergency personnel arrive, you become exhausted, or the surrounding area becomes unsafe	Continue until emergency personnel arrive, you become exhausted, or the surrounding area becomes unsafe

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