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graph TD; A[Shout for help] --> B[Open the airway]; B --> C[Not breathing normally?]; C --> D[Give five breaths]; D --> E[Still unresponsive?]; E --> F[Give 30 compressions, 2 breaths]; F --> G[Continue for one minute then dial 999 (if alone)]; G --> H[Continue until medical help arrives];
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Shout for help

↓

Open the airway

↓

Not breathing normally?

↓

Give five breaths

↓

Still unresponsive?

↓

Give 30 compressions, 2 breaths

↓

Continue for one minute then dial 999 (if alone)

↓

Continue until medical help arrives

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NHS Foundation Trust



Infant Resuscitation

A step by step approach for parents and carers

Building healthier lives

UHB is a no smoking Trust

Check the baby's response

Gently tap or flick the sole of the baby's foot and shout their name.

If there is no response, shout for help.

Open the airway

- Place the baby on their back on firm flat surface
- Look in the mouth and carefully remove any obvious obstructions such as vomit or food
- Gently tilt the baby's head so that the eyes are looking directly at the ceiling. Lift the chin up with one finger



Check for breathing

Look, listen and feel for breathing

- Place your cheek next to the baby's face to see if you can feel or hear any breath from the baby's mouth
- Look at the baby's chest for 10 seconds

- and see if the chest rises or falls
- If, after opening the airway the baby starts to breathe, watch carefully until medical help arrives, keeping them on their side

**If the baby does not respond and is not breathing:
Immediately send for an ambulance if help is available**

Start rescue breathing

- Keep the baby's head in the 'eyes to the ceiling' position with the chin lifted
- Seal your mouth around the baby's nose and mouth
- Blow gently until the baby's chest starts to rise
- As the chest rises, stop blowing and allow the chest to fall
- Do this five times

Check for signs of circulation

- Look, listen and feel for signs of circulation such as breathing, coughing, or movement for no more than 10 seconds

**If circulation is absent
START CHEST COMPRESSIONS**

- Place two fingers in the centre of the baby's chest
- Press down on the chest up to one third of its depth at a rate of 100—120 times per minute
- After thirty chest compressions give another two rescue breaths and repeat (2 rescue breaths to 30 chest compressions)



- **If you are alone, continue for one minute and then dial 999.** Take baby with you to the telephone. If the baby does not respond continue with rescue breathing and chest compressions

Resuscitation video can be accessed via Bliss website (www.bliss.org.uk)

Please enter 'resuscitation video' in the search box