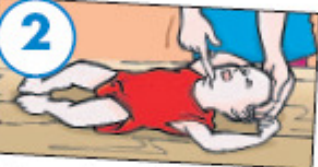


1 Check responses and try and stimulate the baby

If baby cries, check for injuries and reassess at intervals. If no response shout for help to attract attention.



2 Open airway by lifting the chin with a finger. Tilt the head back slightly with your fingers.



3 Check for normal breathing. If breathing is normal cradle on their side and keep checking their breathing.

The Daily Echo has today published a cut out and keep guide of what action the Royal Life Saving Society advises in an emergency. The following advice is how to resuscitate a baby who has stopped breathing. For more guides and advice on local lifesaving courses and workshops log on to lifesavers.org.uk.

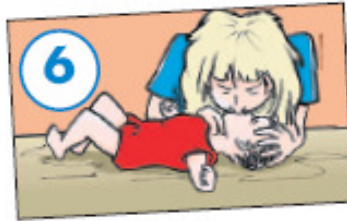


4 If baby is not breathing normally seal your mouth over baby's mouth and nose and blow gently for one second. Give five breaths.



5 Give 30 chest compressions followed by two rescue breaths.

To do that place two fingers in the centre of the chest and press down a third depth of the chest, a little less than two per second.



6 Give two rescue breaths. Repeat 30 chest compressions followed by two rescue breaths.

7 After one minute, if help is not already on the way, call 999 or 112.

Save a life:
How to
resuscitate
an infant

