

# SECONDS COUNT... ACT FIRST

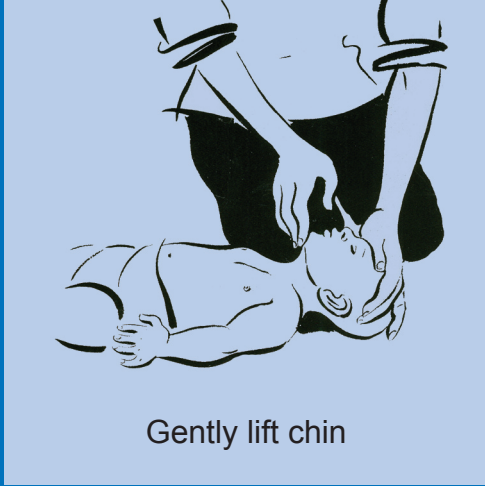
Call for HELP



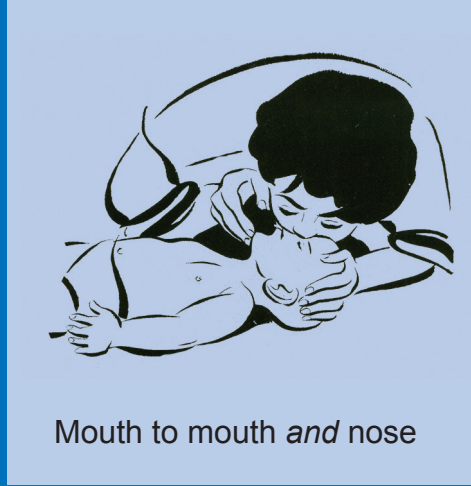
DIAL 111

If the rescuer is alone perform CPR for 1 minute before going for help

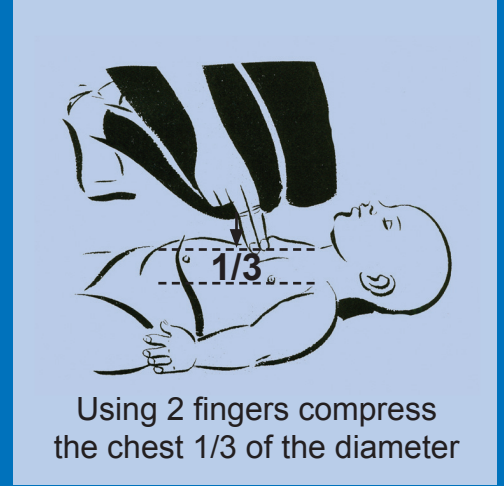
## INFANTS: 0 - 1 Year



Gently lift chin



Mouth to mouth *and* nose



Using 2 fingers compress the chest 1/3 of the diameter

### Airway

Open The Airway

Head tilt and chin lift

### Breathing

Look, Listen & Feel

**If not breathing normally:-**

give initial breaths and start chest compressions

**If breathing:-**

place on their side

### Chest Compressions

Perform 30 Compressions

Followed By 2 Breaths

Continue CPR until the victim recovers or help arrives

## Children: 1 - 8 Years



Lift chin



Mouth to mouth



Using 1 or 2 hands compress the chest 1/3 of its diameter