



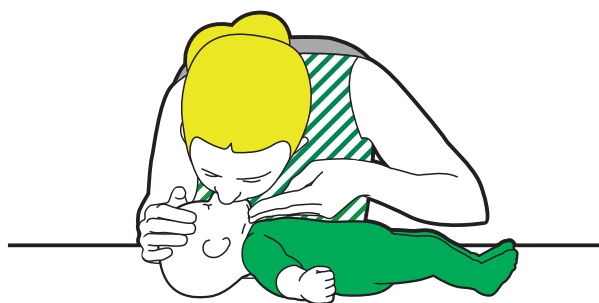
WHAT TO DO IF YOUR BABY HAS STOPPED BREATHING NORMALLY

1. Call 999/112 for emergency help

- If you're alone, give one minute of CPR before calling on a speaker phone

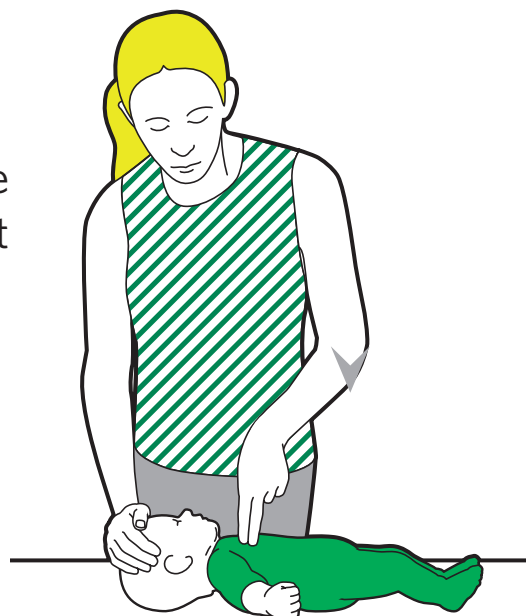
2. Breathe

- Open the airway
- Put your lips around their mouth and nose and blow steadily for up to one second
- Give five initial rescue breaths



3. Pump

- Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- Give two rescue breaths followed by 30 chest compressions
- Continue CPR until help arrives.

Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

sja.org.uk