

point on the lower sternum just below the intersection of the sternum and an imaginary line drawn between the nipples ([Fig. 21-14](#)). Compressions on the child 1 to 8 years old are applied to the lower half of the sternum ([Fig. 21-15](#)). Sternal compression to infants is applied with two fingers on the sternum, exerting a firm downward thrust; for children, pressure is applied with the heel of one hand or two hands, depending on the child's size. American Heart Association guidelines include the addition of the two-thumb encircling hands technique for chest compressions for infants when two health care providers are present ([Travers, Rea, Bobrow, et al, 2010](#)). In the two-thumb technique, one of the two rescuers places both thumbs side by side over the lower half of the infant's sternum; the remaining fingers encircle the infant's chest and support the back. The two-thumb technique is not taught to lay rescuers and is not practical for a health care provider working alone.



FIG 21-14 Combining chest compressions with breathing in infant.