



**REGION 11
CHICAGO EMS SYSTEM
PROCEDURE**

Title: Assisted Delivery/Childbirth – BLS/ALS

Section: Obstetric/Pediatric Management

Approved: EMS Medical Directors Consortium

Effective Date: June 1, 2026

ASSISTED DELIVERY/CHILDBIRTH - BLS/ALS

INDICATIONS

- Signs of Imminent Delivery: Contractions less than two minutes apart or patient's urge to push

CONTRAINDICATIONS

None

EQUIPMENT

- Obstetric Kit

PROCEDURE

1. Apply personal protective equipment: gloves, gown, eye protection.
2. Check perineum for crowning or presenting part.
3. Support the infant's head and apply gentle counterpressure.
4. Check for nuchal cord.
5. If present, hook finger under cord and slip cord over the head.
6. Gently guide head down to allow delivery of anterior shoulder.
7. Gently guide head up to allow delivery of posterior shoulder.
8. Support infant head and torso for remainder of delivery.
9. Dry, warm, and stimulate infant.
10. After 60 seconds, assess APGAR.
11. Wrap infant in towel and place on maternal chest.
12. Clamp cord at 6 and 8 inches from the infant.
13. Cut between clamps.
14. Assess APGAR at 5 minutes.
15. Delivery placenta and place in bag for transport.
16. Perform fundal massage for post-partum bleeding.
17. Reassess infant and mother.