

# CPR Help Sheet

Approximating victims by age: 0-1 years= Infant; 1-8 years= Child; 9 years and up = Adult

**Remember:** Only do for the victim what he or she needs to have done, starting with the most obvious. But, "if it ain't broke, don't fix it."

? Can the victim wake up? TAP AND SHOUT "ARE YOU OK?"

IF THEY ARE NOT RESPONDING: **ACTIVATE 911**

If alone with an adult victim, call 911 before going further. If alone with a child or infant victim, give about 2 minutes of CPR before calling 911.

If the victim is not responding, we need to open their airway:

**A=AIRWAY** → HEAD TILT/CHIN LIFT

? Is the victim breathing? Look, Listen, Feel for 5-10 seconds.

With adult victims, check for normal breathing.

For infant or child victims, check for any breathing.

IF NOT BREATHING, WE NEED TO PROVIDE THEIR BREATHING.

**B=BREATHING** → GIVE **2** BREATHS,

Adults and children normal "Woosh" breaths, Infants are given very gentle "**puffs.**" If breaths won't go in, retilt their head, and try again. Last, try the belly thrust choking procedure.

IF THE **ADULT** VICTIM DID NOT RESPOND TO THESE BREATHS in 5-10 seconds of checking, SKIP AHEAD to "**C**" BOX. ~~For Infants and Children Only Read On~~

? Did the infant or child respond to your 2 Breaths? Look for the reactions that indicate general signs of circulation: Is there abnormal breathing present, coughing, or movement?

♥ If the signs of a response are there, the heart is working, so only do rescue breathing:

**1** "Woosh" BREATH EVERY **3** SECONDS FOR A CHILD

**1** GENTLE "Puff" BREATH EVERY **3** SECONDS FOR AN INFANT

If the infant or child is not showing signs of circulation, do "**C**" box below, instead.

**C=CIRCULATION**

To adults and children, give **30** "Pushes" to **2** "Wooshes."

To infants, give **30** "Pushes" to **2** gentle "Puffs".

For all victims "Push hard and push fast," in the center of the chest between the nipples.

Continue CPR until 1 of 4 reasons are present: 1.The victim revives 2.The paramedics take over for you 3. Another trained person takes over for you or 4. You are too exhausted to continue.