

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, try again. Last, try belly thrusts choking procedure.

IF THE VICTIM DOES NOT RESPOND TO THESE BREATHS in 5-10 seconds of checking, continue to "C" step.

C=CIRCULATION

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

To infants, give **30** Pushes to **2** 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 layperson takes over for you or 4. You are too exhausted to continue.