

# SMST Lifeguard Skills in service

## RESCUE BREATHING AND CPR

- **Rescue Breathing**

If a person is not breathing, but has a definitive pulse, the victim is in respiratory arrest. To care for a person in respiratory arrest, you must give ventilations.

Give **1 ventilation every 5 to 6 seconds for an adult, with each ventilation lasting 1 second and making the chest rise.** Give ventilations for about 2 minutes and then reassess for breathing and a pulse. If a victim has a pulse but is not breathing, continue giving ventilations. If the victim has no pulse, you should begin CPR and use an AED.

If you have a victim who is unresponsive, not breathing and has no pulse as a result of drowning, you should give the victim 5 ventilations before starting compressions. However, if the victim is not breathing with no pulse and was not in the water, you should assume that the problem is a cardiac emergency and begin CPR with chest compressions.

- **CPR (1 and 2 person)**

- 1) Make sure the scene is safe.
- 2) Check to see if the person is responsive. Tap the victims shoulder and shout, "Are you OK?"
- 3) Check for breathing and pulse. If the person is not breathing or breathing abnormally, begin CPR.
- 4) Yell for help, call 911 and get an AED.
- 5) Place the person face side up on a firm and flat surface.
- 6) Begin the **C-A-B** steps for CPR
- 7) **C - compression** - Place 1 hand on top of the other on the lower Half of the breastbone, at the middle of the nipple line.  
Keep your elbows straight.  
**Provide 30 chest compressions at a rate of 100 to 120 Compressions per minute. Compress the chest at least 2 Inches, But less than 2.4 inches. Allow the chest to to fully Recoil between compressions.**
- 8) **A - Airway.** Open the airway.  
Use the head tilt - chin lift method.  
Use the jaw thrust method if you suspect a head or Neck injury.
- 9) **B - Breathing.** **Give 2 breaths** Watch the chest rise.
- 10) Continue cycles of 30 compressions to 2 breaths until the person wakes up, An AED is ready for use or EMS arrives.
- 11) If the victim is unresponsive but breathing normally, place the victim in the recovery position and monitor closely.