

Laypersons CPR

CALL 911

C

Compressions

Step 1: Survey the Scene

Make sure the scene is safe for you and the victim.

DO NOT BECOME ANOTHER VICTIM

Step 2: Check for Unresponsiveness

Tap the victim on the shoulder and shout, "**ARE YOU OKAY?**"

Infants: Pinch or ritckle.
DO NOT hit or shake an infant.
CALL 911 and get an **AED**.

Step 3: Check for Breathing

Check for Breathing for **5-10 seconds**.

If the victim is **not breathing** or breathing abnormally.

Begin **CPR**

Remove any clothes that are in the way of performing CPR or use of an AED

Adult: Puberty and Older

Place the heel of one hand on the center of the chest (the lower half of the sternum).

Place the other hand on top and interlock your fingers

Compress straight down at least **2 inches** **30** times at a rate of **110-120** times per minute.

Allow the chest to fully recoil between every compression.

Child: 1Year - Puberty

Place the heel of one hand on the center of the chest (the lower half of the sternum).

Place the other hand on top and interlock your fingers

Compress straight down at least **1/3** the depth of the chest (about **2 inches**) **30** times, at a rate of **110-120** times per minute.

Allow the chest to fully recoil between every compression.

Infant: 1 yr and Younger

Place two fingers on the breastbone slightly below the nipple line.

Place the other hand on the victim's forehead.

Compress straight down at least **1/3** the depth of the chest (about **1 1/2 inches**) **30** times, at a rate of **110-120** times per minute.

Allow the chest to fully recoil between every compression.

A

Airway

Do a head-tilt/chin-lift

(Place one hand on the forehead and two fingers on the bony part of the chin)

Smaller Victims: **Tilt** the head less.

B

Breathing

For Adults and Children: Pinch nostrils closed and give **2** breaths so the chest rises.

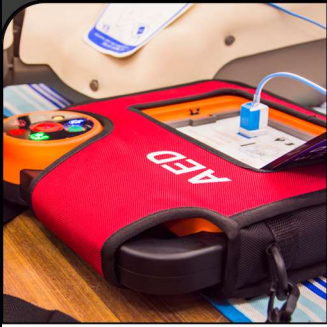
For Infants: Seal your mouth around their nose and mouth. Give **2** small breaths.

If breath did not go in, **Retilt** the head and retry the breath. If breaths stil don't go in, **resume compressions**. (after compressions, check the mouth for obstruction, before resuming breaths.

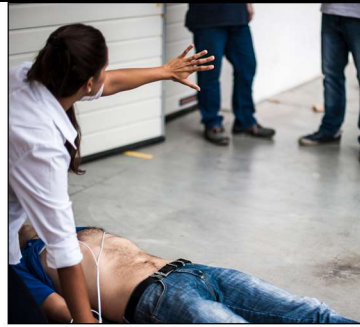


Continue cycles of compressions and breaths until victim shows signs of life or AED arrives. AED (instructions on the other side).

AED



- ♦ Turn on the **AED** and follow the voice prompts.
- ♦ Remove the victim's shirt.
- ♦ Make sure the victim's chest is dry.
- ♦ Remove any medical patches.
- ♦ Remove any extra hair (If pads do not stick).
- ♦ Remove the defibrillation pads from their packaging.
- ♦ Look at the images to be sure where to apply the pads on the victim.
- ♦ Place pads on the victim's bare chest.



- ♦ Make sure no one is touching the victim.
- ♦ Allow the **AED** to analyze. If shock is advised the AED will charge itself.
- ♦ Say "**Clear**", and confirm no one is touching the victim.
- ♦ Push the shock button if the **AED** advises.
- ♦ If **NO Shock Advised** and if the **AED** advises, immediately resume compressions.
- ♦ If **Shock Advised**, after shock immediately resume compressions.
- ♦ The **AED** will prompt you to stop CPR every **2** minutes to reanalyze the heart.



Conscious Choking for Adults and Children



- ♦ Ask the victim, "**Are you choking?**"
- ♦ If unable to make any noise send someone to **Call 911**.
- ♦ Ask the victim, "**May I help you?**"
- ♦ If the victim agrees, take a wide stance behind them.
- ♦ Place one finger in the belly button.
- ♦ With the other hand, make a fist and place it slightly above the finger in the belly button.



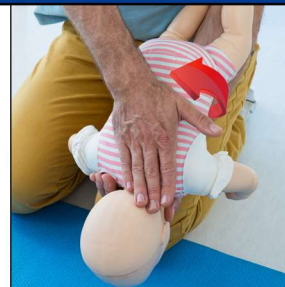
- ♦ Take your hand and place it on top of the fist.
- ♦ Thrust in and up.
- ♦ Each thrust is a separate attempt to get the object out.
- ♦ **Repeat until object is dislodged.**

If the victim goes unconscious, lay them on the floor, and go to Step 3.

Conscious Choking for Infants



- ♦ Place one hand on the jawbone.
- ♦ Be careful to **support the head**.
- ♦ Position the infant on your forearm.
- ♦ Ensure that the infant's head is lower than its chest.
- ♦ Using the heel of your hand, hit the infant **5 times** between the shoulder blades.



- ♦ Place palm on skull and sandwich the victim between your forearms.
- ♦ Roll victim onto your other forearm.
- ♦ Place two fingers on the breastbone slightly below an imaginary line between the nipples.
- ♦ Compress straight down **1/3** depth of the chest (about **1 1/2** inches) **5 times**.
- ♦ **Repeat until object is dislodged.**

If the victim goes unconscious, lay them on a hard surface and go to Step 3.