



CPR 4 YOUR HEART AED SAFETY SOLUTIONS

Adult Out-of-Hospital Chain of Survival



Adult In-Hospital Chain of Survival



Pediatric Out-of-Hospital Chain of Survival



Pediatric In-Hospital Chain of Survival



Text the Word "ECARD" to 51736

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Summary of High-Quality CPR Components for BLS Providers

Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio <i>without advanced airway</i>	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio <i>with advanced airway</i>	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

Relief of Foreign-Body Airway Obstruction

Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year)
<ol style="list-style-type: none">1. Ask "Are you choking?" If the victim nods yes and cannot talk, severe airway obstruction is present. Take steps immediately to relieve the obstruction.2. Give abdominal thrusts to a victim who is standing or sitting or chest thrusts for pregnant or obese victims.3. Repeat thrusts until effective or the victim becomes unresponsive.	<ol style="list-style-type: none">1. Ask "Are you choking?" If the victim nods yes and cannot talk, severe airway obstruction is present. Take steps immediately to relieve the obstruction.2. Give abdominal thrusts to a victim who is standing or sitting or chest thrusts for obese victims.3. Repeat thrusts until effective or the victim becomes unresponsive.	<ol style="list-style-type: none">1. If the victim cannot make any sounds or breathe, severe airway obstruction is present.2. Give up to 5 back slaps and up to 5 chest thrusts.3. Repeat step 2 until effective or the victim becomes unresponsive.
Victim becomes unresponsive		
<ol style="list-style-type: none">4. Activate the emergency response system via mobile device (if appropriate) or send someone to do so. After about 2 minutes of CPR, if you are alone with no mobile device, leave the victim to activate the emergency response system (if no one has already done so).5. Lower the victim to the floor. Begin CPR, starting with chest compressions. Do not check for a pulse.6. Before you deliver breaths, look into the mouth. If you see a foreign body that can be easily removed, remove it.7. Continue CPR until advanced providers arrive.		