

CPR
Cardiopulmonary
Resuscitation

Adult (over 8 years old)

AIRWAY - Establish unresponsiveness. Dial 911. Open Airway using head tilt-chin lift maneuver. **(Diagram 1).**

BREATHING - **Look, Listen, and Feel for Breathing. (5 seconds).** If no breathing, pinch off nose and administer 2 full breaths. **(Diagram 2).**

CIRCULATION - Check for signs of circulation to include normal breathing motion and coughing. Professional rescuers may check for a carotid/neck pulse. **(Diagram 3).** If no signs of circulation, begin chest compressions. Depress the sternum 1 1/2 - 2 inches. Perform 15 compressions followed by two full breaths (rate of compressions 100/minute), **(Diagram 4).** After 1 minute of CPR recheck signs of circulation.

If there is no circulation or breathing, continue CPR. If the victim has a pulse but is not breathing, give 1 breath every 5 seconds. If circulation and breathing return, place in recovery position.

UNIVERSAL SIGN FOR CHOKING - (Diagram 5). If victim is able to speak or cough, do not interfere. If not, position yourself behind the victim and perform 5 inward and upward abdominal thrusts. Reassess victim. If victim is still choking, repeat procedure.



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Continue uninterrupted until advanced life support is available.

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Child (1-8 years)

CHILD CPR - ABC's, same as adult **(see adult)**. When ventilating, remember that a child is smaller and requires less forceful breaths. **(Diagram 6).** **(Observe for chest rise).**

HAND PLACEMENT - is the same as adult except only the heel of one hand is used to compress 1 to 1 1/2 inches. 5 compressions followed by 1 ventilation at a rate of 100 compressions per minute. If child has a pulse but no breathing, give 1 breath every 3 seconds.

INFANT CPR - Establish unresponsiveness.

Airway- head tilt-chin lift. **Breathing - Look, Listen and Feel.** If none, administer 2 small breaths into infants mouth and nose. **(Observe for chest rise).** **(Diagram 7).**

CIRCULATION - Check for signs of circulation to include normal breathing motion & coughing. Professional rescuers may check for a brachial pulse **(located between elbow and shoulder).** **(Diagram 8).** If no signs of circulation, initiate CPR. **(Diagram 9).** 5 compressions followed by 1 breath using 2 or 3 fingers 1/2 inch below mid nipple line for 1 minute at a rate of 100 compressions/minute.

REASSESS ABC's after one minute. If no pulse or breathing, continue CPR. If infant has a pulse but no breathing, administer 1 breath every 3 seconds.

INFANT CHOKING - Infant straddled over arm, face down with head lower than chest. Deliver 5 sharp back blows between the shoulder blades with heel of hand. Sandwich the infant between your arms and turn face up. Apply 5 chest thrusts in same location as CPR but at a slower rate. Determine if airway is clear.

Repeat sequence of back blows and chest thrusts as needed.



Infant (0-1 year)

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