

## CPR

CPR stands for cardiopulmonary resuscitation.

**C** = cardiac (heart)

**P** = pulmonary (lungs)

**R** = resuscitation (to recover)

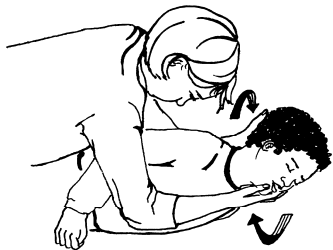
**Adult is puberty and older.**

**Child is one year old to puberty**

**Infant is up to a year old.**

### Check for response

1. Support the head and neck, and turn the person so he or she lies flat, face-up, on a hard surface.



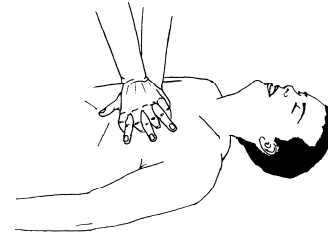
2. Tap and shout, "Are you okay?"
3. If no response, yell, "**Help!**"
  - If someone comes, send person to call 911 and get automatic external defibrillator (AED) if available.
  - **If you are alone, go call 911; with infants and children begin 2 minutes of CPR before calling.** Get AED if available.
4. Check for no breathing or no normal breathing (i.e. only gasping) for 5 to 10 seconds.

### C Chest pushes

Quickly open chest clothing.

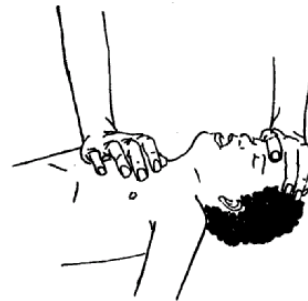
#### Adult

- Put the heel of one hand between the nipples on the breastbone.
- Put the other hand over the first, keeping your fingers off the chest and your elbows straight.



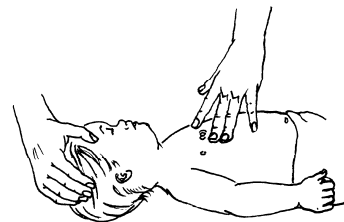
#### Child

- Put the heel of one hand between the nipples on the breastbone. (Put other hand on top if needed.)



#### Infant

- Put 2 fingers on the breastbone, just below the nipple line. (Make sure your fingers are not on the bottom end of the breastbone.)



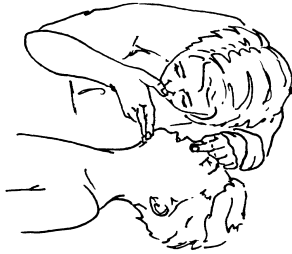
Push hard and fast:

- Push straight down
- 2 inches deep for child or adult.
- 1/3 the depth of the chest (about 1 ½ inches) in infants.
- 30 pushes at a rate of at least 100 per minute
- Let chest come up after each push

Use AED as soon as it is available.

## A Airway

Open airway with a head-tilt / chin-lift method.



**If you do not feel comfortable delivering breaths to a person, continue to do chest pushes.**

## B Breathing

- Seal the mouth with your mouth. Pinch the nose for **child and adult**
- Seal the mouth and nose with your mouth for **infants**.



- Give 2 breaths, just enough to make the chest rise (about 1 second each).
- **If chest does not rise**, reposition the head and try 2 more breaths. If the chest still does not rise, the airway is blocked. Continue chest pushes, but look in the airway before giving a breath. If you see something, remove it.

Continue 30 compressions and 2 breaths for 5 cycles or about 2 minutes.

Do CPR until person is responding (starting to move), or until trained help takes over.

### If breathing but not responding:

- Stop CPR.
- Watch the breathing until trained help arrives.
- If no injuries, roll the person onto one side. Do not twist the head, neck, or body while rolling.
- Even if breathing and responding, the person should be taken to the nearest Emergency Room by ambulance.

### Important

This sheet is a review of techniques taught in a CPR class. It is not complete in itself. You must practice these techniques on a manikin with an instructor. **Do not** practice techniques on a person.

# CPR

## Quick reference

# C

### Check for response

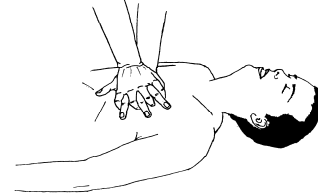
- Turn on back on hard surface.
- Tap and shout, "Are you OK?"

### Alert:

- **Call 911 for adults; perform 2 minutes of CPR before calling 911 for infants and children.** Get AED if available.
- **Check for normal or no breathing. If not breathing normally, do chest pushes.**

### Chest pushes:

- Open chest clothing.
- **Adult:** Put the heel of 1 hand between the nipples on the breastbone. Put other hand over the first.
- **Child:** Put the heel of one hand between the nipples on the breastbone. (Put other hand on top if needed.)
- **Infant:** Put 2 fingers on the breastbone, just below the nipple line. (Make sure your fingers are not on the bottom end of the breastbone.)
- Push hard and fast:
  - 2 inches deep for adult/child
  - 1/3 the depth of the chest for an infant (about 1 1/2 inches)
  - 100 pushes per minute
  - 30 pushes to 2 breaths
- Use AED if available.
- Do CPR until person is responding, or until trained help takes over.



# A

### Airway

- Open with head-tilt / chin-lift



# B

### Breathing

- Give 2 breaths.
- If chest does not rise, continue chest pushes, but each time you open the airway to give breaths, look in the mouth. Remove any object if one is seen.

