

<p align="center">Adult One/Two-Rescuer CPR</p>	<p align="center">Child One/Two-Rescuer CPR 1 to 12/14 yr (Onset of Puberty)</p>	<p align="center">Infant One/Two-Rescuer CPR 0-1 yr</p>
<p><i>Establish Victim Unresponsive</i> <i>Shout for Help!</i></p> <p>Lone Rescuer or 2nd Rescuer</p> <p>Call 911 &</p> <p>Get the AED (if available)</p> <p>A - Open Airway <i>Head Tilt Chin Lift</i></p> <p>B - Assess Breathing Look, listen and feel for 5 - 10 seconds <i>No breathing, deliver two breaths at 1 second per breath; just enough to make the chest rise</i></p> <p>C - Circulation Carotid Pulse check (5 to 10 seconds) <i>No longer than 10 seconds!</i> Do you DEFINITELY feel a pulse?</p> <p>If NO PULSE provide Compressions: Lone Rescuer & Two Rescuer 5 Cycles of 30:2 in 2 min <i>(30 compressions in less than 23 seconds)</i></p> <p>Pump Hard & Fast at 100 per minute <i>(minimize interruptions in compressions)</i> Two Hands ~ Compress 1 1/2" to 2" deep Chest should recoil completely <i>Check pulse after each 5 cycles of CPR</i></p> <p><i>Switch positions after 2 minutes/5 cycles</i> <i>Repeat CPR sequence until AED or advanced care arrives</i></p> <p>Witnessed Collapse or AED Arrives & Checks Rhythm, shockable? (If NOT witnessed arrest perform 5 cycles in 2 minutes prior to shock)</p> <p>Give one shock Resume CPR sequence above</p> <p>Shock again if indicated by AED & resume CPR sequence above</p> <p>AED Arrives Check Rhythm, NOT shockable? Resume CPR sequence above until help arrives</p>	<p><i>Establish Victim Unresponsive</i> <i>Shout for Help!</i></p> <p>Lone Rescuer</p> <p><i>If 2nd Rescuer is available at the onset of arrest, call 911 Immediately!</i></p> <p>A - Open Airway <i>Head Tilt Chin Lift</i></p> <p>B - Assess Breathing Look, listen and feel for 5 - 10 seconds <i>No breathing, deliver two breaths at 1 second per breath; just enough to make the chest rise</i></p> <p>C - Circulation Carotid Pulse check (5 to 10 seconds) <i>No longer than 10 seconds!</i> Do you DEFINITELY feel a pulse?</p> <p>If NO PULSE provide Compressions: Lone Rescuer 5 Cycles of 30:2 in 2 min <i>(30 compressions in less than 23 seconds)</i></p> <p>Pump Hard & Fast at 100 per minute <i>(minimize interruptions in compressions)</i> Use 1 or 2 hands <i>(depending of size of child)</i> Compress 1/3 to 1/2 of child A/P distance Chest should recoil completely <i>Check pulse after each 5 cycles of CPR</i></p> <p>Call 911 & Get the AED Check pulse, NO PULSE Start CPR with Compressions</p> <p>15:2 ratio with 2nd Rescuer <i>Switch positions after 2 minutes/5 cycles</i></p> <p>AED Arrives & Checks Rhythm, shockable? (If NOT witnessed arrest perform 5 cycles in 2 minutes prior to shock)</p> <p>Give one shock Resume CPR sequence above Shock again if indicated by AED & resume CPR sequence above</p> <p>AED Arrives Check Rhythm, NOT shockable? Resume CPR sequence above until help arrives</p>	<p><i>Establish Victim Unresponsive</i> <i>Shout for Help!</i></p> <p>Lone Rescuer</p> <p><i>If 2nd Rescuer is available at the onset of arrest, call 911 Immediately!</i></p> <p>A - Open Airway <i>Head Tilt Chin Lift</i></p> <p>B - Assess Breathing Look, listen and feel for 5 - 10 seconds <i>No breathing, deliver two breaths at 1 second per breath; just enough to make the chest rise</i></p> <p>C - Circulation Brachial Pulse check (5 to 10 seconds) <i>No longer than 10 seconds!</i> Do you DEFINITELY feel a pulse?</p> <p>If NO PULSE provide Compressions: Lone Rescuer 5 Cycles of 30:2 in 2 min <i>(30 compressions in less than 23 seconds)</i></p> <p>Pump Hard & Fast at 100 per minute <i>(minimize interruptions in compressions)</i> 2 Fingers or Thumbs Encircling <i>(one finger width below the nipple line)</i> Compress 1/3 to 1/2 of infant A/P distance Chest should recoil completely <i>Check pulse after each 5 cycles of CPR</i></p> <p>Call 911 Check pulse, NO PULSE Start CPR with Compressions</p> <p>15:2 ratio with 2nd Rescuer BVM - Thumbs Encircling Resume CPR sequence above until help arrives <i>Switch positions after 2 minutes/5 cycles</i></p>

Rescue Breathing

<u>Adult</u>	<u>Child</u>	<u>Infant</u>
Deliver breath over 1 second every 5 to 6 seconds Approximately 12 times per minute	Deliver breath over 1 second every 3 to 5 seconds Approximately 20 times per minute	Deliver breath over 1 second every 3 to 5 seconds Approximately 20 times per minute

Foreign Body Obstructed Airway - Conscious Victim

<u>Adult</u>	<u>Child</u>	<u>Infant</u>
Heimlich Maneuver	Heimlich Maneuver	5 back blows, 5 chest thrusts

Foreign Body Obstructed Airway - Victim Becomes Unconscious

<u>Adult</u>	<u>Child</u>	<u>Infant</u>
<p>Call 911</p> <p>If the adult victim is unresponsive, open the airway, remove the object if seen and begin appropriate CPR sequence.</p> <p><i>Include a survey of the mouth for the FBO with each breath and remove object if seen, if not resume CPR.</i></p>	<p>If you are alone with a child choking victim who becomes unresponsive, open the airway, remove object if seen and begin appropriate CPR sequence.</p> <p>After 5 cycles of CPR, CALL 911 if not already done.</p> <p><i>Include a survey of the mouth for the FBO with each breath and remove object if seen, if not resume CPR.</i></p>	<p>If you are alone with an infant choking victim who becomes unresponsive, open the airway, remove object if seen and begin appropriate CPR sequence.</p> <p>After 5 cycles of CPR, CALL 911 if not already done.</p> <p><i>Include a survey of the mouth for the FBO with each breath and remove object if seen, if not resume CPR.</i></p>

If FBO is successfully relieved in an Adult or Child, place in the recovery position and monitor until EMS arrives. Encourage the victim to seek immediate medial attention.

MORE ON RESCUE BREATING:

Inflate the lungs until you see a chest rise or see an obvious rise and fall of the chest. DO NOT over inflate the lungs.

When you over inflate the lungs air goes into the stomach and can cause the victim to vomit. Additionally, over-inflation causes decrease in blood flow.

Reference: AHA 2006 Instructor Update; AHA BLS for Healthcare Providers, Student Manual 2006 #ISBN 0-87493-461-3.