

## CPR

1. **Scene Safety:** Look for any dangers or hazards.
2. **Determine Responsiveness:** Tap on the patient's shoulders and shout, "Are you OK?" Look for chest rise and fall. If the patient is not breathing, continue with steps 3 and 4. If the patient is breathing and no spinal injury is suspected, place patient on their side. Continue to monitor breathing.
3. **Call for Help:** Activate emergency response. If possible, obtain an automated external defibrillator (AED).
4. **Chest Compressions:** Place the heel of one hand on the center of the patient's chest. Place the other hand over the first and interlock the fingers. Perform compressions at a rate of 100 to 120 per minute, compressing the patient's chest at least two inches. Push hard and fast. Perform 30 compressions.
5. **Airway:** Open the patient's airway by tilting the head back and lifting the chin. If trauma is suspected and you are trained, use the jaw thrust.
6. **Breathing:** If possible, use a barrier device. Place the barrier device over the patient's nose and mouth. Pinch the patient's nose and give 2 breaths, making the chest rise. If no barrier device is available, perform continuous compressions with no breaks or perform mouth-to-mouth. To perform mouth-to-mouth, pinch the patient's nose and cover the patient's mouth with your mouth. Form an airtight seal and give two breaths.
7. **Continue CPR:** Continue alternating 30 compressions and 2 breaths. If a second rescuer arrives, one person can perform ventilations and one person can perform compressions. Maintain the same 30:2 ratio.
8. **AED:** If an AED arrives, turn the AED on and follow the instructions provided.