

Reference Only

Is the scene safe

Determine Problem

Call / Activate 911

Act

Adult - CPR	Child - CPR	Infant - CPR
➤ Victim shows no signs of circulation	➤ Victim shows no signs of circulation	➤ Victim shows no signs of circulation
➤ Locate hand position on breastbone	➤ Locate hand position on breastbone	➤ Keep one hand on the infant's forehead to maintain an open airway
➤ Place heel of one hand next to and above notch of ribcage	➤ Place heel of one hand next to and above notch of ribcage	➤ Place your index finger and the pads of the next two fingers on the breastbone just below an imaginary line between the nipples
➤ Place your other hand on top	➤ Use only one hand	➤ Raise index finger
➤ Give 15 chest compressions <ul style="list-style-type: none">○ Compress 2 inches○ 100 compression per minute	➤ Give 5 chest compressions <ul style="list-style-type: none">○ Compress 1 1/2 inches○ 100 compression per minute	➤ Give 5 chest compression <ul style="list-style-type: none">○ Compress 1 inch○ 100 compressions per minute
➤ Give 2 rescue breaths	➤ Give 1 rescue breath	➤ Give 1 rescue breath
➤ 4 cycles – 15 compressions / 2 rescue breaths	➤ 12 cycles – 5 compressions / 1 rescue breath	➤ 20 cycles – 5 compressions / 1 rescue breath

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Adult – CPR – Two Rescuer	Child – CPR – Two Rescuer	Infant – CPR – Two Rescuer
➤ Victim shows no signs of circulation	➤ Victim shows no signs of circulation	➤ Victim shows no signs of circulation
➤ Rescuer 2 locate hand position on breastbone	➤ Rescuer 2 locate hand position on breastbone	➤ Rescuer 2 locates hand position on breastbone
➤ Place heel of one hand next to and above notch of ribcage	➤ Place heel of one hand next to and above notch of ribcage	➤ Place your thumbs next to each other on the lower half of the infant's breastbone, about 1 finger's width below the nipple line, ensuring that the thumbs do not compress the lower end of the breast bone. ➤ Place both hands around the infant's chest and support the infant's back with your fingers.
➤ Place your other hand on top	➤ Use only one hand	➤ Use only your thumbs
➤ Give compressions when rescuer 1 tells you "victim has no pulse – Begin CPR ➤ Rescuer 2 gives 15 chest compressions <ul style="list-style-type: none"> ○ Compress 2 inches ○ 100 compression per minute ○ Stop compressions and allow rescuer 1 to ventilate 	➤ Give compressions when rescuer 1 tells you "victim has no pulse – Begin CPR ➤ Rescuer 2 gives 5 chest compressions <ul style="list-style-type: none"> ○ Compress 1 1/2 inches ○ 100 compression per minute ○ Stop compressions and allow rescuer 1 to ventilate 	➤ Give compressions when rescuer 1 tells you "Victim" has no pulse. Begin CPR ➤ Rescuer 2 gives 5 chest compression <ul style="list-style-type: none"> ○ Compress 1 inch ○ 100 compressions per minute ○ Stop compressions and allow rescuer 1 to ventilate
➤ Rescuer 1 gives 2 rescue breaths	➤ Rescuer 1 gives 1 rescue breath	➤ Give 1 rescue breath
➤ 4 cycles – 15 compressions / 2 rescue breaths	➤ 12 cycles – 5 compressions / 1 rescue breath	➤ 20 cycles – 5 compressions / 1 rescue breath
➤ Remove mask and recheck for signs of circulation and breathing for no more than 10 seconds	Remove mask and recheck for signs of circulation and breathing for no more than 10 seconds	Remove mask and recheck for signs of circulation and breathing for no more than 10 seconds

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<ul style="list-style-type: none"> ➤ Note A – If there are signs of circulation and breathing <ul style="list-style-type: none"> ○ Place the victim in a recovery position (if no suspected head, neck or back injury) monitor for signs of circulation and breathing ○ Administer supplemental oxygen – if available ➤ 	<ul style="list-style-type: none"> ➤ Note A – If there are signs of circulation and breathing <ul style="list-style-type: none"> ○ Place the victim in a recovery position (if no suspected head, neck or back injury) monitor for signs of circulation and breathing ○ Administer supplemental oxygen – if available ➤ 	<ul style="list-style-type: none"> ➤ Note A – If there are signs of circulation and breathing <ul style="list-style-type: none"> ○ Do not place the victim in a recovery position. Maintain an open airway while monitoring signs of circulation and breathing. ○ Administer supplemental oxygen – if available ➤
<ul style="list-style-type: none"> ➤ Note B – If there are signs of circulation but no breathing – give rescue breaths. ➤ Note C – If there are still no signs of circulation – continue CPR 	<ul style="list-style-type: none"> ➤ Note B – If there are signs of circulation but no breathing – give rescue breaths. ➤ Note C – If there are still no signs of circulation – continue CPR 	<ul style="list-style-type: none"> ➤ Note B – If there are signs of circulation but no breathing – give rescue breaths. ➤ Note C – If there are still no signs of circulation – continue CPR
<ul style="list-style-type: none"> ➤ Changing Position <ul style="list-style-type: none"> ○ Rescuer 2 calls for a position change by using the word “change” in place of the word “fifteen” in a compression cycle ○ Rescuer 1 completes 2 rescue breaths ○ Rescuer 2 moves to the victim’s head with his or her own resuscitation mask and checks for sign of circulation and breathing for no more than 10 seconds. ○ Rescuer 1 moves into 	<ul style="list-style-type: none"> ➤ Changing Position <ul style="list-style-type: none"> ○ Rescuer 2 calls for a position change by using the word “change” in place of the word “one” in a compression cycle ○ Rescuer 1 completes 1 rescue breath ○ Rescuer 2 moves to the victim’s head with his or her own resuscitation mask and checks for sign of circulation and breathing for no more than 10 seconds. ○ Rescuer 1 moves into position at the victim’s chest and locates correct hand position on the 	<ul style="list-style-type: none"> ➤ Changing Position <ul style="list-style-type: none"> ○ Rescuer 2 calls for a position change by using the word “change” in place of the word “one” in a compression cycle ○ Rescuer 1 completes 1 rescue breath ○ Rescuer 2 moves to the victim’s head with his or her own resuscitation mask and checks for sign of circulation and breathing for no more than 10 seconds. ○ Rescuer 1 moves into position at the victim’s chest and locates correct finger placement on the victims

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<p>position at the victim's chest and locates correct hand position on the victims breastbone</p> <ul style="list-style-type: none"> ○ Rescuer 2 says "No pulse continue CPR" ○ Rescuer 1 begins compressions ○ Continue cycles or 15 compressions and 2 rescue breaths. 	<p>victims breastbone</p> <ul style="list-style-type: none"> ○ Rescuer 2 says "No pulse continue CPR" ○ Rescuer 1 begins compressions ○ Continue cycles or 5 compressions and 1 rescue breath. 	<p>breastbone</p> <ul style="list-style-type: none"> ○ Rescuer 2 says "No pulse continue CPR" ○ Rescuer 1 begins compressions ○ Continue cycles or 5 compressions and 1 rescue breath
<p>➤ Continue CPR until-</p> <ul style="list-style-type: none"> ○ The victim shows signs of circulation ○ Another trained rescuer takes over ○ An AED becomes readily available ○ You are too exhausted to continue ○ The scene becomes unsafe 	<p>➤ Continue CPR until-</p> <ul style="list-style-type: none"> ○ The victim shows signs of circulation ○ Another trained rescuer takes over ○ An AED becomes readily available ○ You are too exhausted to continue ○ The scene becomes unsafe 	<p>➤ Continue CPR until-</p> <ul style="list-style-type: none"> ○ The victim shows signs of circulation ○ Another trained rescuer takes over ○ An AED becomes readily available ○ You are too exhausted to continue ○ The scene becomes unsafe

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Adult	Child	Infant
Rescue Breathing	Rescue Breathing	Rescue Breathing
➤ Tilt head back & lift chin	➤ Tilt head back & lift chin	➤ Tilt head back & lift chin
➤ Take a breath before giving breath	➤ Take a breath before giving breath	➤ Take a breath before giving breath
➤ 1 rescue breath – every 5 seconds	➤ 1 rescue breath – every 3 seconds	➤ 1 rescue breath – every 3 seconds
➤ Watch that chest rise & fall	➤ Watch that chest rise & fall	➤ Watch that chest rise & fall
➤ Breath should last for 2 seconds	➤ Breath should last for 1 1/2 seconds	➤ Breath should last for 1 1/2 seconds
➤ Cycle 1 minute / 12 breaths	➤ Cycle 1 minute / 20 breaths	➤ Cycle 1 minute / 20 breaths
➤ Recheck for breathing & Circulation – up to 10 seconds	➤ Recheck for breathing & Circulation – up to 10 seconds	➤ Recheck for breathing & Circulation – up to 10 seconds
➤ No breaths – continue rescue breaths	➤ No breaths – continue rescue breaths	➤ No breaths – continue rescue breaths
➤ No signs of circulation – move to CPR	➤ No signs of circulation – move to CPR	➤ No signs of circulation – move to CPR
➤ Breaths do not go in – move to blocked airway	➤ Breaths do not go in – move to blocked airway	➤ Breaths do not go in – move to blocked airway

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Unconscious Choking Adult	Unconscious Choking Child	Unconscious Choking Infant
➤ Breaths do not go in	➤ Breaths do not go in	➤ Breaths do not go in
➤ Give 5 abdominal thrusts <ul style="list-style-type: none"> ○ Place heel of one hand against middle of victim's abdomen, just above the navel. ○ Place your other hand on top with your fingers pointing towards victim's head ○ Press into abdomen with upward thrusts 	➤ Give 5 abdominal thrusts <ul style="list-style-type: none"> ○ Place heel of one hand against middle of victim's abdomen, just above the navel. ○ Place your other hand on top with your fingers pointing towards victim's head ○ Press into abdomen with upward thrusts ○ Note: may use palm of single hand for smaller child 	➤ Position infant face down along your forearm.
➤ Remove foreign object <ul style="list-style-type: none"> ○ Finger sweep 	➤ Remove foreign object <ul style="list-style-type: none"> ○ Finger sweep – only if you see object 	➤ Lower infant onto your thigh, keep infant's head lower than chest
➤ Give 2 rescue breaths	➤ Give 2 rescue breaths	➤ Give 5 back blows – between shoulder blades
➤ Breaths did not go in – repeat 5 abdominal thrusts	➤ Breaths did not go in – repeat 5 abdominal thrusts	➤ Reposition infant face up along your forearm
		➤ Lower infant onto your thigh, keep infant's head lower than chest
		➤ Give 5 chest thrusts (compress 1")
		➤ Look for foreign object – sweep out with little finger only if you see object.
		➤ Give 2 rescue breaths
		➤ Breaths did not go in – repeat series

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Conscious Choking Adult	Conscious Choking Child	Conscious Choking Infant
➤ Stand behind the victim	➤ Stand or Kneel behind – depending of size	➤ Position infant face down along your forearm.
➤ Place thumb side of your fist against middle of abdomen, just above navel	➤ Place thumb side of your fist against middle of abdomen, just above navel	➤ Lower infant onto your thigh, keep infant's head lower than chest
➤ Place other hand over fist	➤ Place other hand over fist	➤ Give 5 back blows – between shoulder blades
➤ Give quick upward thrusts	➤ Give quick upward thrusts	➤ Reposition infant face up along your forearm
➤ Continue abdominal thrusts until <ul style="list-style-type: none"> ○ Object forced out ○ Victim begins breathing ○ Victim becomes unconscious 	➤ Continue abdominal thrusts until <ul style="list-style-type: none"> ○ Object forced out ○ Victim begins breathing ○ Victim becomes unconscious 	➤ Lower infant onto your thigh, keep infant's head lower than chest
		➤ Give 5 chest thrusts (compress 1")
		➤ Continue 5 back blows / 5 chest thrusts until <ul style="list-style-type: none"> ○ Object is forced out ○ Infant begins to breath, cry or cough ○ Infant become unconscious