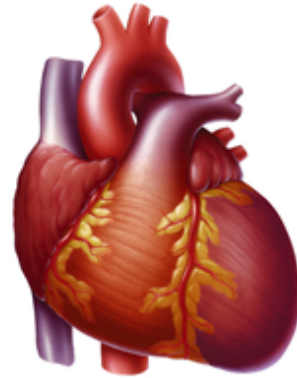


C = Cardio



P = Pulmonary



R = Resuscitation



When would I give CPR?

CPR is needed when you find someone unresponsive or someone goes unresponsive and is not breathing or only gasping.



CPR Adult

1. Check the Scene (scene is safe)
2. Shout the Person's Name if Known Or just Shout 'Are You Ok?' (there is no response) then Tap the Person's Shoulder (Adult / Child) (There is no response)
3. Look for signs of breathing (they are not breathing)
4. Send Someone to Call 911 and Get an AED, If alone go call 911 and come back to perform CPR
5. 30 Compressions (Person should be on a firm flat surface face up, compressions should be: 2 hands -heel of one hand with other hand fingers laced on top on the center of chest, shoulders over your hands, at least 2in deep, 100-120bpm)
6. 2 Rescue Breaths (Use barrier if available, do a head tilt chin lift to open airway - one hand on chin and one hand on forehead and lift up to past neutral, breaths should be ~1s, pinch nose if needed, air tight seal mouth to mouth)

CPR Child (VERY SIMILAR TO ADULT)

1. Check the Scene (scene is safe)
2. Shout the Person's Name if Known Or just Shout 'Are You Ok?' (there is no response) then Tap the Person's Shoulder (Adult / Child) (There is no response)
3. Look for signs of breathing (they are not breathing)
4. Send Someone to Call 911 and Get an AED, **If you are alone start CPR right away and after 5 cycles call 911**
5. 30 Compressions (Person should be on a firm flat surface face up, compressions should be: **1-2 hands** - heel of one hand on breastbone with other hand fingers laced on top on the center of chest, shoulders over your hands, **about 2in deep**, 100-120bpm)
6. 2 Rescue Breaths (Use barrier if available, do a head tilt chin lift to open airway - one hand on chin and one hand on forehead and lift up **slightly past neutral**, breaths should be ~1s, pinch nose if needed, air tight seal mouth to mouth)



FIGURE 2-6 *Locate the correct hand position by placing the heel of one hand on the person's sternum (breastbone) in the center of the person's chest.*



FIGURE 2-5 *Position yourself so that your shoulders are directly over your hands.*

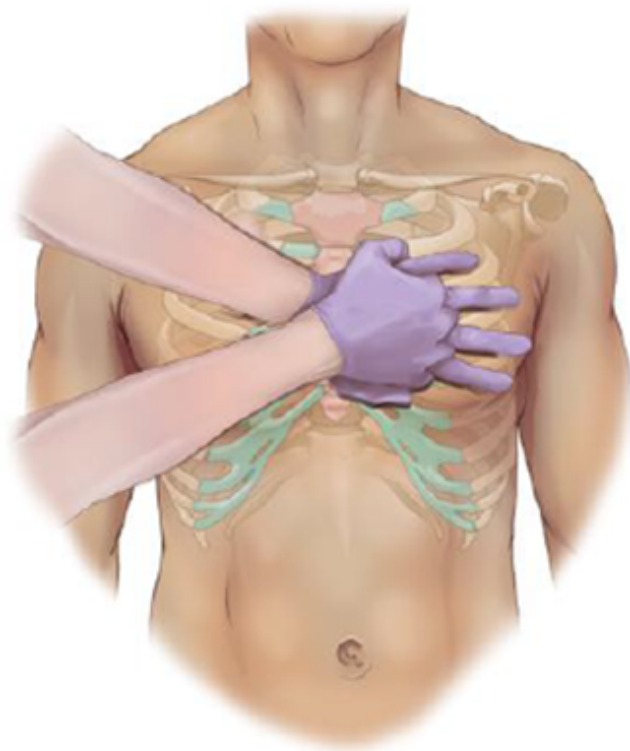


FIGURE 2-7 Place your other hand directly on top of the first hand. Try to keep your fingers off of the chest by interlacing them or holding them upward.

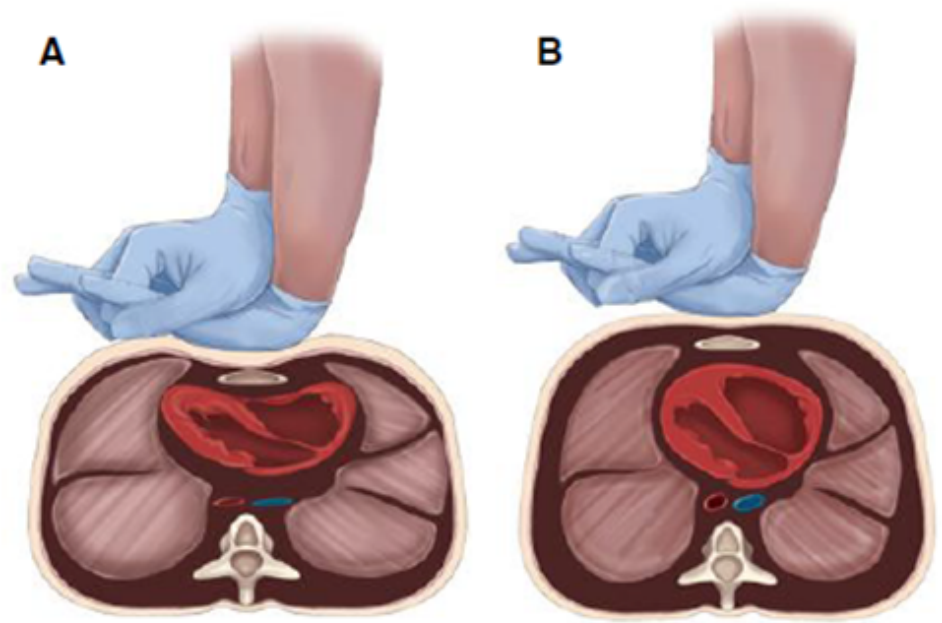


FIGURE 2-9, A-B To give chest compressions: **A**, Push straight down with the weight of your body. **B**, Release, allowing the chest to return to its normal position.

Continue CPR Until...

- You notice obvious signs of life (breathing, response etc.)
 - An AED is available and ready to use (pads on)
 - Another trained responder or EMS personnel take over
- You were alone with a child so had to start CPR right away, have completed 5 cycles and need to go call 911
 - You are too tired to continue
 - The scene becomes unsafe

Now, we will watch the video clip for adult and child CPR.

