

CPR At A Glance

CHECK ✓

- ▼ Check the scene for safety
- ▼ Check the victim for consciousness, breathing, signs of life, and severe bleeding (see bottom of sheet)

CALL ☎

- ▼ Dial 9-1-1 or local emergency number

CARE

- ▼ Care for conditions you find



Check the Victim

If unconscious adult, call 9-1-1 immediately



step 1

Use basic precautions to prevent disease transmission. Tap and shout to see if the person responds

If no response...



step 2

Look, listen, and feel for breathing for about 10 seconds in the position you found the victim

If the person is not breathing or you can't tell...



step 3

Position victim on back while supporting head and neck



step 4

Tilt head back and lift the chin



step 5

Look, listen, and feel for breathing for about 10 seconds

If not breathing...



step 6

Give two slow breaths. Pinch the nose and seal the lips



step 7

Check for signs of circulation for no more than 10 seconds (child and infant only)



step 8

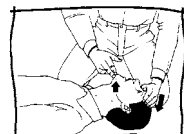
Check for severe bleeding

DO NOT MOVE THE VICTIM unless it is absolutely necessary

Rescue Breathing

Infant and Child

When breathing is too fast, slow, noisy, or painful, **CALL 9-1-1 IMMEDIATELY!**



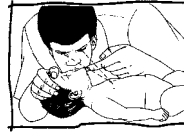
step 1

With head tilted back, pinch nose shut



step 2

CHILD/INFANT: Give 1 slow breath about every 3 seconds



step 3

Recheck pulse every 2 minutes or 40 breaths

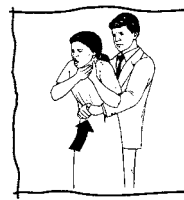
Choking

Conscious Adult & Child



step 1

Obtain consent. Confirm choking



step 2

Position legs. Position hands. Lean victim forward/give 5 back blows

step 3

Give 5 quick upward thrusts. Repeat until object is coughed up and person breathes on their own or person becomes unconscious

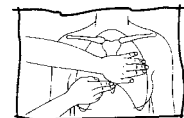
Choking

Unconscious Adult & Child



step 1

Attempt to give breaths. Re-tilt the head and if you can't get air in, reattempt breaths



step 2

If air does not go in... position hands on chest



step 3

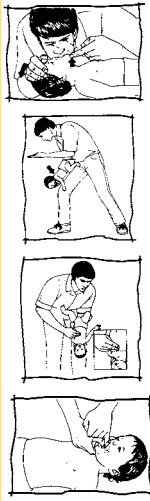
Position shoulders over hands... Give 30 CPR compressions for an adult or child



step 4

Sweep out the mouth by lifting lower jaw and tongue if you see something. Attempt breaths. Repeat cycle of compressions, sweeps, and breaths until you can breathe air into the victim.

SIGNS OF LIFE include normal breathing, coughing or movement in response to rescue breaths and a pulse*****



Choking

Conscious & Unconscious Infant

- step 1** *If conscious:*
Confirm choking
- step 2** Give 5 back blows and 5 chest thrusts until object comes out or victim is unconscious
- step 3** *If unconscious:*
Attempt to give breaths;
If you can't get air in, reattempt breaths
- step 4** Give 30 chest thrusts. If unconscious, add: Sweep out object if visible. Repeat breaths, back blows, and sweeps until you can breathe into the person, making the chest rise

Signals of heart problems and care for a heart attack

SIGNALS

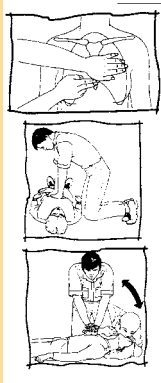
- Persistent chest pain or discomfort lasting more than 3-5 minutes or that goes away and comes back
- Pain in either arm, discomfort or pressure that spreads to the shoulder, arm, neck, or jaw
- Nausea, shortness of breath, or trouble breathing
- Sweating, changes in skin appearance
- Dizziness or unconsciousness

CARE

- Have the person stop activity and rest
- Send someone to call 9-1-1
- Help person rest in a comfortable position
- Loosen restrictive clothing
- Assist with prescribed medication
- Monitor breathing and pulse closely
- Be prepared to give CPR if the person loses consciousness and breathing and pulse stop

CPR

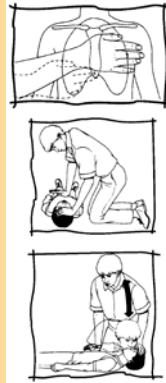
Adult CPR



- step 1** Find hand position
- step 2** Position shoulders over hands; compress chest 30 times 1 1/2-2"
- step 3** Give 2 slow breaths

If no signs of life, continue sets of 30 compressions and 2 breaths

Child CPR (1 TO 12 YEARS OLD)



- step 1** *If no pulse:*
Find hand position
- step 2** Position shoulder over hands; compress chest 30 times 1 1/2-2"
- step 3** Give 2 slow breaths

If no signs of life, continue sets of 30 compressions and 2 breaths

Infant CPR (NEWBORN TO 1 YEAR OF AGE)



- step 1** *If no pulse:*
Find finger position
- step 2** Position hand over fingers; compress chest 30 times 1 1/2-2"
- step 3** Give 2 slow breaths

If no signs of life, continue sets of 30 compressions and 2 breaths

CHAIN OF SURVIVAL

1. Early recognition
2. Early CPR
3. Early defibrillation
4. Early advanced life support



If an Automated External Defibrillator (AED) is available:

1. Activate the EMS system
2. Begin CPR until device arrives
3. Place device on dry bare chest
4. Follow voice prompts



- When the scene becomes unsafe
- You detect signs of life *****
- An AED becomes available
- You are too exhausted to continue
- Another trained person takes over CPR
- EMS personnel arrive and take over

HOW AND WHEN TO CALL FOR HELP

Call 9-1-1 if the person:

- Is unconscious, unusually confused, or seems to be losing consciousness
- Has trouble breathing or is breathing in a strange way
- Has persistent chest pain or pressure
- Has pressure or pain in the abdomen that does not go away
- Is vomiting, passing blood or coughing up blood
- Has seizures, severe headache, or slurred speech
- Appears to have been poisoned
- Has injuries to the head, neck, or back

Be prepared to give

- Location (street address, city or town, cross streets, landmarks, etc.)
- Phone number from where you are calling
- Your name
- What happened
- How many are injured
- Conditions of person(s) requiring aid
- Help (CARE) being given

Do not hang up first; let the dispatcher hang up first



In cooperation with your local Fire Dept., School Districts, Dept. of Parks and Recreation, and City Governments.



American Red Cross

Visit our website to find your local Red Cross chapter, and enroll in a CPR or First Aid course today!

www.redcross.org