

CPR Chart

Always Check for Responsiveness first, then open the (A)-Airway, check for (B)-Breathing, and check for (C)-Circulation (Pulse).

Adult Rescue Breathing	Adult CPR	Conscious Choking	Unconscious Choking Adult
Shake Victim Gently and Shout "Are You OK"	Shake Victim Gently and Shout "Are You OK"	Ask "Are You Choking?" If Victim cannot speak or breathe...	Shake Victim Gently and Shout "Are You OK"
Activate EMS Call 911!	Activate EMS Call 911!	Lean victim forward, give five (5) back blows, use the heel of the hand.	Call 911!
Tilt forehead back and lift chin carefully.	Tilt forehead back and lift chin carefully.	Give five (5) quick, upward, abdominal thrusts. Continue back blows and thrusts until the object is out, the victim can breathe, or becomes unconscious	Tilt forehead back and lift chin to open airway.
Check Breathing for Five (5) seconds. If breathing, carefully place victim on side. * If not breathing,	Check Breathing for Five (5) seconds.	<u>If Victim can cough or speak, do not perform abdominal thrusts.</u> Encourage victim to cough!	Attempt to give two breaths, if no chest rise, re-tilt airway and try again.
Give Two (2) slow Breaths. Pinch nose and blow into mouth.	Give Two (2) slow Breaths. Pinch nose and blow into mouth.	For a small child or infant <u>do not blindly sweep the mouth.</u> Only remove object if it is seen.	If no chest rise, give 30 chest compressions mouth sweep, and attempt 2 breaths.
check for signs of circulation/ life	check for pulse or just begin compressions	For infants, Support head, neck, and back, then perform up to five (5) back blows and up to five (5) chest thrusts.	For a child and infant, <u>perform mouth sweeps only if you can see object in mouth.</u>
If you are sure there is a pulse, give one breath every five seconds. If no pulse, start CPR.	Compress chest of victim with two hands thirty (30) times and give two (2) breaths. Continue for a minute.	If airway still blocked, repeat procedure until baby begins to cry.	For an infant, support head, neck, and back, and use back blows and chest thrusts

Depth of compressions is approximately 1½ - 2 inches for an adult. Check pulse after one minute, and every few minutes thereafter. If an adult is found unresponsive, call 911 immediately. For victims with suspected spinal injury, perform a jaw-thrust to open airway. Continue CPR until: there is a sign of life, the scene is unsafe, an AED is available, rescuer is too exhausted to continue, EMS arrives.