


LEARN CPR
you can do it!

CPR FOR ADULTS
CPR FOR CHILDREN
CPR FOR INFANTS

For Adults: Step 1. CALL



- Check the victim for unresponsiveness. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions

Define: Unresponsiveness

- During cardiac arrest, the heart stops pumping blood, the blood pressure falls to zero and the pulse disappears. Within 10 seconds of cardiac arrest the person loses consciousness and becomes unresponsive. If you shake or shout at the victim, there will be no response.
- Sometimes a person in cardiac arrest may make grunting, gasping or snoring type breathing sounds for a couple of minutes. Do not be confused by this abnormal type of breathing. If a person is unresponsive (doesn't respond to shouts or shakes) and not breathing (or is breathing abnormally) then call 911 and begin CPR.

2. BLOW



- Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 2 seconds.

Define: Abnormal Breathing

- Remember a person in cardiac arrest may have abnormal breathing for a couple of minutes.
- This abnormal breathing is called "*agonal respiration*" and is the result of the brain's breathing center sending out signals even though circulation has ceased.
- The key point is that the abnormal breathing may sound like grunting, gasping or snoring.
- It disappears in 2-3 minutes. If you see this type of breathing DO NOT delay CPR.
- The person desperately needs air and only you can provide it.

3. PUMP HARD, PUMP FAST



- If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.

Pushing on the Chest



- In general the chest should be pushed down 1 1/2-2 inches. Sometimes you may hear a cracking sound. Do not be alarmed. The sound is caused by cartilage or ribs cracking. Even if this occurs the damage is not serious. The risk of delaying CPR or not doing CPR is far greater than the risk of a broken rib.

Continue to Pump and Blow



- CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

Complications of CPR

- The spread of infection from the victim to the rescuer is exceedingly rare. Most cardiac arrests occur in people's homes - relatives or friends will be the ones needing to do CPR. Even CPR performed on strangers has an exceedingly rare risk of infection. There is NO documentation of HIV or AIDS ever being transmitted via CPR.
- Vomiting is the most frequently encountered complication of CPR. If the victim starts to vomit, turn the head to the side and try to sweep out or wipe off the vomit. Continue with CPR.

Checking The Pulse



- The pulse check is no longer taught or expected of laypersons. Instead, if you see no signs of life (defined as breathing normally, coughing or moving) you should begin to pump on the chest.

CPR for Children (Ages 1-8)

- CPR for children is similar to performing CPR for adults. There are, however, 3 differences.
- 1) If you are alone with the child give one minute of CPR before calling 911
- 2) Use the heel of one hand for chest compressions
- 3) Press the sternum down 1 to 1.5 inches

CPR for Infants (Age <1)



- Shout and Tap
- Shout and gently tap the child on the shoulder. If there is no response, position the infant on his or her back

Open The Airway



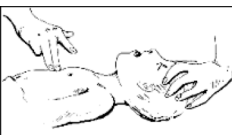
- Open the airway using a head tilt lifting of chin. Do not tilt the head too far back.

Give 2 Gentle Breaths



- If the baby is NOT breathing give 2 small gentle breaths. Cover the baby's mouth and nose with your mouth. Each breath should be 1.5 to 2 seconds long. You should see the baby's chest rise with each breath.

Give 5 Compressions



- Give five gentle chest compressions at the rate of 100 per minute. Position your 3rd and 4th fingers in the center of the chest half an inch below the nipples. Press down only 1/2 to 1 inches.

Repeat



- Repeat with 1 breath and 5 compressions. After one minute of repeated cycles call 911 and continue giving breaths and compressions.
