



## STEP 1:

### Survey the Scene:

Make sure the scene is safe for you and the victim.

**DO NOT** BECOME ANOTHER VICTIM

## STEP 2:

### Check for Responsiveness:

Tap the victim on the shoulder & shout, "ARE YOU OKAY?"  
Infants: Pinch or Tickle. **DO NOT** hit or shake an infant.

**CALL 911**, get an **AED** and then check for a pulse & breathing.

## STEP 3: PULSE & BREATHING CHECK

### Adults & Children:

- Find the center of the neck and slide fingers into the groove on the side closest to you.
- Check for the pulse using the **carotid artery** for at least **5 seconds**, but no more than **10 seconds**
- While checking for pulse, watch for **breathing**, **movement**, or any other signs of **circulation**.

### Infants 1 year or younger:

- Place two fingers on the inside of the upper arm between the elbow and the underarm.
- Check for the pulse using the brachial artery for at least 5 seconds, but no more than 10 seconds.
- While checking for pulse, watch for **breathing**, **movement**, or any other signs of **circulation**.



PULSE

START  
RESCUE  
BREATHING  
(OTHER SIDE)

NO PULSE

## COMPRESSIONS: \*Remove any clothes that are in the way of performing CPR or use of an AED\*

### Adults: Puberty & Older

1. Place the heel of one hand on the center of the chest (the lower half of sternum).
2. Place the other hand on the top and interlock your fingers.
3. Compress straight down 2-2.4 inches 30 times, at a rate of 100-120 times per minute.
4. Allow the chest to fully recoil between every compression.



### Child: 1 year - Puberty

1. Place the heel of one hand on the center of the chest (the lower half of sternum).
2. Place the other hand on the top and interlock your fingers.
3. Compress straight down at least 1/3 the depth of the chest (about 2 inches) 1.5-2 inches 30 times, at a rate of 100-120 times per minute.



### Infant: 1 year or younger

1. Place the heel of one hand on the center of the chest (the lower half of sternum).
2. Place the other hand on the top and interlock your fingers.
3. Compress straight down at least 1/3 the depth of the chest (1-1.5 inches) 30 times, at a rate of 100-120 times per minute.



NEXT

## AIRWAY

# A



Do a head-tilt/chin-lift.

(Place one hand on the forehead and two fingers on the bony part of the chin)

**Smaller victims: Tilt the head less.**

If **spinal injury** is suspected use the **Jaw Thrust**.

(Place hands on the sides of the jaw and pull forward and upward)

NEXT

## BREATHING

# B



**For adults and children:** Pinch the nostrils closed and give **2 breaths** so the chest rises.

**For Infants:** Seal your mouth around their nose and mouth. Give **2 small breaths**.

If breath did not go in, **Re-tilt the head and retry breath**. If breaths still don't go in, **resume compressions** (after compressions, check the mouth for obstruction, before resuming breaths).

**CONTINUE CYCLES OF COMPRESSIONS & BREATHS UNTIL VICTIM SHOWS SIGNS OF LIFE OR AED ARRIVES (AED OTHER SIDE)**



## Rescue Breathing

### Adults (Puberty & Older):



Maintain an open airway using the head-tilt/chin lift.

Pinch nostrils closed.

Give **1** breath every **6** seconds.

Re-check for pulse every **2** minutes.



### Adults (Puberty & Older):

Maintain an open airway using the head-tilt/chin lift.

Pinch nostrils closed.

Give **1** breath every **6** Seconds.

Re-check for pulse every **2** minutes.



### Adults (Puberty & Older):

Maintain an open airway using the head-tilt/chin lift.

Pinch nostrils closed.

Give **1** breath every **6** seconds.

Re-check for pulse every **2** minutes.

**No signs of Circulation go to box C | Signs of Circulation but not breathing continue Rescue Breathing**

## AED



1. Turn on the **AED** and follow the voice prompts.
2. Remove the victim's shirt.
3. Make sure the victim's chest is dry.
4. Remove any medical patches.
5. Remove any extra hair (if pads do not stick).
6. Remove the defibrillation pads from their packaging.
7. Look at the images to be sure where to apply the pads on the victim.
8. Place pads on the victim's bare chest.



9. Make sure no one is touching the victim.
10. Allow the **AED** to analyze. If shock is advised the AED will charge itself.
11. Say "**Clear**" and confirm that no one is touching the victim.
12. Push the shock button if the **AED** advises.
13. If **NO Shock Advised** and the AED advises, immediately resume compressions.
14. If **shock advised**, after shock immediately resume compressions.
15. The AED will prompt you to stop CPR every **2** minutes to reanalyze the heart.

## Conscious Choking for Adults & Children



1. Ask the victim, "Are you choking?"
2. If unable to make any noise send someone to call **911**
3. Ask the victim, "May I help you?"
4. If the victim agrees, take a wide stance behind them.
5. Place one finger on the belly button.
6. With the other hand, make a fist and place slightly over the finger on the belly button.



7. Take your other hand and place it over your fist.
8. Thrust in and up (Each thrust is a separate attempt to get the object out)
9. Repeat until object is dislodged.

If the victim becomes unconscious, lay them on a hard surface and begin the steps of CPR (After compressions, check victim's mouth before rescue breaths)

## Conscious Choking for Infants



1. Place your hand on infant's jawbone
2. Be careful to support the head
3. Position the infant on your forearm.
4. Ensure that the infant's head is lower than its chest.
5. Using the heel of your hand, hit the infant 5 times between the shoulder blades.



6. Place your palm on the infant's skull and sandwich the victim between your forearms.
7. Roll the victim onto your other forearm.
8. Place two fingers on the breastbone and slightly below an imaginary line between the nipples.
9. Compress straight down 1/3 depth of the chest (approximately 1 1/2 inches) 5 times.
10. Repeat until the object is dislodged.

If the victim becomes unconscious, lay them on a hard surface and begin the steps of CPR (After compressions, check victim's mouth before rescue breaths)