

Part B: CPR

1. Begin **ADULT** CPR (8 years and up) by depressing the sternum $1\frac{1}{2}$ to 2 inches. The "X" below indicates placement of hands above xiphoid process.



a. Give 15 compressions at a rate of 80-100 per minute. Count compressions, "1-and-2-and-3-and..." until you reach 15.

b. Give 2 breaths. Continue 4 cycles per minute at a ratio of 15 compressions to 2 breaths.

c. Check pulse every few minutes (for 5 seconds).

d. Continue until advanced life support personnel arrive.



4

2. Begin CPR for a **CHILD**, 1 to 8 years.

a. Using **ONE HAND**, depress the sternum 1 to $1\frac{1}{2}$ inches. Give 5 compressions at a rate of 80-100 per minute. Count compressions, "1-and-2- and-3-and..." for 5 counts.

b. Give 1 small breath. Continue 10 cycles per minute (5:1 ratio).

c. Check pulse every few minutes (for 5 seconds).

d. Continue until advanced life support personnel arrive.

3. Begin **INFANT** CPR if the child is 1 year or under.

a. Using **TWO FINGERS**, depress the sternum $\frac{1}{2}$ to 1 inch. Give 5 compressions at a rate of 100 per minute. Count compressions, "1-2-3-4-5."

b. Give 1 small breath. Continue 10 cycles per minute (5:1 ratio).

c. Check pulse every few minutes (for 5 seconds).

d. Continue until advanced life support personnel arrive.



5

**ARTIFICIAL RESPIRATION/
BASIC CARDIAC LIFE SUPPORT**

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ARTIFICIAL RESPIRATION/ BASIC CARDIAC LIFE SUPPORT

Part A: Airway and Respiration

1. Establish unresponsiveness by gently shaking and shouting, "Are you ok?"
2. Call "Help!"
3. Roll the casualty as a unit onto his/her back.
4. Open the airway using the **head-tilt/chin-lift** method.

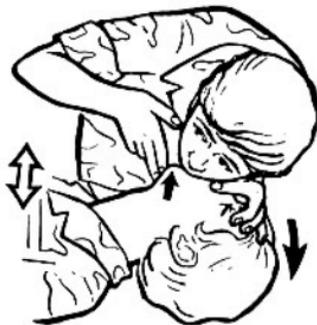


5. **LOOK, LISTEN, and FEEL** for breathing for 3 to 5 seconds.



1

6. If the casualty is breathing, keep the airway open. Monitor the casualty.
7. If the casualty is **NOT** breathing, give 2 full breaths.
 - a. If the airway is blocked, reposition the head and ventilate again.



2

- b. If the airway is still blocked, clear the airway in accordance with foreign body airway obstruction (FBAO) management procedures. Ventilate after the airway is open by giving 2 full breaths.

8. For an adult or child, check for a pulse at the neck. For an infant, check pulse at the inside upper arm.



3

- a. If the pulse is present, continue rescue breathing.
 - (1) Give an adult 1 breath every 5 seconds or 12 breaths per minute.
 - (2) Give a child 1 breath every 4 seconds or 15 breaths per minute.
 - (3) Give an infant 1 breath every 3 seconds or 20 per minute.
- b. If there is no pulse, **BEGIN CPR.**