

Study guide and quick reference sheet for EMSA approved CPR

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1-8 years old)	INFANT (up to 1 year old)
Establish unresponsiveness Call 9-1-1	Call 9-1-1 when victim is found unresponsive	Call 9-1-1 when victim is found unresponsive. If alone, give 5 cycles of CPR before leaving victim to call 9-1-1	
Open the airway Use head tilt-chin lift method If suspected spine injury use jaw thrust	Head tilt-chin lift or jaw thrust if spine injury is suspected		
Check breathing	Open the airway Look, listen & feel for breathing for 5 but no more than 10 seconds		
Victim in not breathing or breathing is agonal	Give two breaths Make the chest gently rise (about 1 second each)		
Air does not go in and make the chest rise	If breaths do not make chest rise, re-tilt open the airway and attempt two more breaths		
Begin CPR Compression location	Center of breastbone (between the nipples)		One finger width below nipple line
Compression method	Heel of one hand, other on top with fingers interlaced and elbows locked	Heel of one hand with elbow locked	2 fingers (hands encircled around chest using thumbs to compress for 2 rescuers)
Compression depth	1 ½ to 2 inches	1/3 to 1/2 the depth of the chest	
Compression rate	100 per minute		
Compression ratio	30 compressions : 2 breaths		
Rescue Breathing Victim had a pulse but is not breathing	1 breath every 5-6 seconds (10-12 per minute) Check pulse every two minutes	1 breath every 3-5 seconds (12-20 per minute) Check pulse every two minutes	
Unconscious choking Breaths do not make the chest rise	Begin CPR Check mouth for foreign object after giving 30 compressions Use a hooking actions to remove any object before giving 2 breaths		
Using an AED Victim has no pulse	After 5 cycles of CPR turn on AED and follow instructions	AED not recommended for infants	
AED precautions: Hairy chest	If victim has a hairy chest and AED pads do not stick, remove pads and shave chest. Place new pads on chest.	AED not recommended for infants	
AED precautions: Implanted defibrillator Pacemaker (you notice a hard lump under the skin of the upper chest or abdomen)	Place AED pads at least 1 inch to the side of the implant	AED not recommended for infants	
AED precautions: Medication patches	Remove the patch and wipe the area clean before placing pads on victim	AED not recommended for infants	
AED precautions: Water	Do not use in water, water conducts electricity	AED not recommended for infants	