

CARDIO PULMONARY RESUSCITATION

ADULT CPR (over 8 years of age)

1. Check for responsiveness by shouting and shaking the victim.
Do not shake or move the victim if you suspect he may have sustained spinal injury.
2. Call 9-1-1.
3. Remember your **A-B-C**:
 - **Airway**: tilt the head back and lift the neck to clear the air way.
 - **Breathing**: pinch the victim's nose and give 2 breaths, watching for the chest to rise with each breath.
 - **Circulation**: if there is no pulse, perform 30 chest compressions - 2 hands, 2 inches
4. Check for pulse and if necessary perform the cycle again.



CHILD CPR (12 months to 8 years of age)

1. Check for responsiveness by shouting and shaking the victim.
Do not shake or move the victim if you suspect he may have sustained spinal injury.
2. Remember your **A-B-C**:
 - **Airway**: tilt the head back and lift the neck to clear the airway.
 - **Breathing**: pinch the child's nose or cover his mouth and nose with your mouth making a tight seal, and give two breaths, watching for the chest to rise with each breath
 - **Circulation**: if there is no pulse, administer 30 chest compressions - 1 hand, 1 inch.
3. Continue to perform CPR for 1 to 2 minutes before dialing 9-1-1.
4. Check for pulse and if necessary perform the cycle again, checking for pulse



INFANT CPR (up to 12 months of age)

1. Check for responsiveness.
2. Remember your **A-B-C**:
 - **Airway**: an infant's head should be tilted into the "sniffer position". Do not overextend an infant's neck as this may close off the airway.
 - **Breathing**: cover the infant's nose and mouth with your mouth and give 2 gentle breaths, breathing from your cheeks, not your lungs.
 - **Circulation**: check for pulse at the brachial artery, in the infant's inside upper arm. If there is none, perform 30 compressions - 2 fingers (approximately 1/2 the size of a hand), 1/2 inch.
3. Perform rescue efforts for 1 to 2 minutes before dialing 9-1-1.
4. Continue performing rescue efforts, checking for pulse every minute until help



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