

# CPR

## C A R D I O   P U L M O N A R Y   R E S U S C I T A T I O N

### ADULT: 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 a spinal injury.

**2** Call 9-1-1.

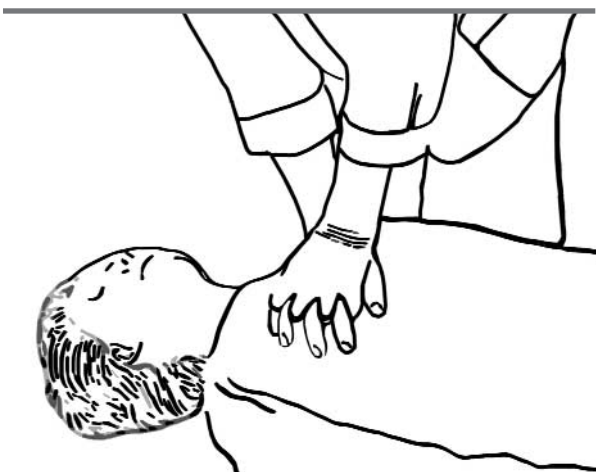
**3** Remember A-B-C:

**AIRWAY** Tilt head back and lift neck to clear the airway.

**BREATHING** Pinch victim's nose and give 2 breaths, watching for chest to rise with each breath.

**CIRCULATION** If there is no pulse, perform 30 chest compressions, using 2 hands and pressing down about 2 inches.

**4** Check for pulse and if necessary perform the cycle again.



### CHILD: 12 months to 8 years

**1** Check for responsiveness by shouting and shaking the victim. Do not shake or move the victim if you suspect a spinal injury.

**2** Remember A-B-C:

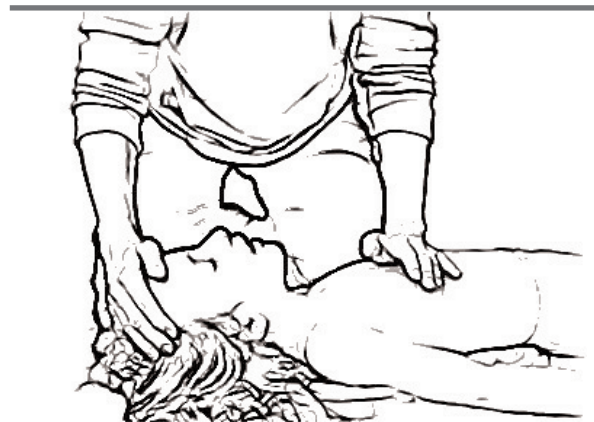
**AIRWAY** Tilt head back and lift neck to clear the airway.

**BREATHING** Pinch child's nose or cover mouth and nose with your mouth, making a tight seal, and give 2 breaths, watching for chest to rise with each breath.

**CIRCULATION** If there is no pulse, perform 30 chest compressions, using 1 hand and pressing down 1 inch.

**3** Continue to perform CPR for 1 to 2 minutes before calling 9-1-1.

**4** Check for pulse. If necessary, perform cycle again, checking for pulse every minute.



### INFANT: Up to 12 months

**1** Check for responsiveness by patting shoulders or chest.

**2** Remember 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 infant's nose and mouth with your mouth and give 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 5 compressions, using 2 fingers (approx. 1/2 the size of a hand) and pressing down about 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 arrives.

