

CPR

CARDIO PULMONARY RESUSCITATION

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.

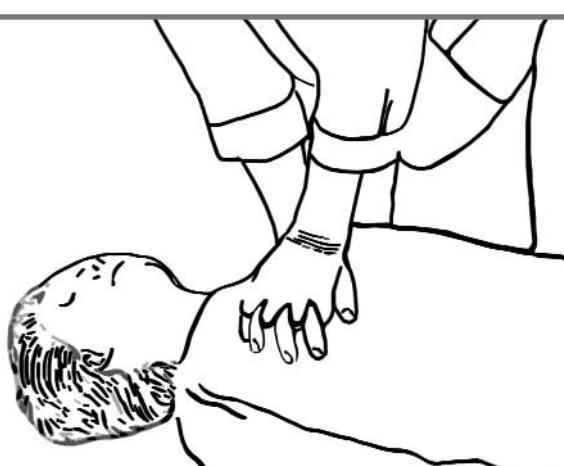
3 Remember A-B-C:

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.

