

Performing CPR

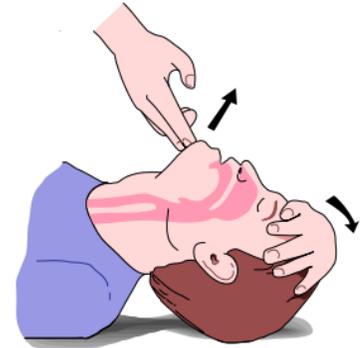
The first step in determining if there is a true emergency is to find out if the person really requires help. Approach the victim cautiously and tap them as you ask, "Are you O.K.?". If the person does not respond, activate Emergency Response System immediately. Call 911 or have a bystander call for you. Make eye contact and shout "Call 911 and come back". It may take several minutes for help to arrive, so you should begin the ABC's of CPR. Before we go into details with numbers, the ABC's apply to everyone, whether they're an adult, child or an infant. Lets' go over them first.

Circulation

Look, listen and feel for signs of circulation. While attempting to find the victims pulse, look to see if there's movement, listen for sounds of movements or moaning, and feel for movement and pulse. If the victim has a pulse but is not breathing begin Rescue Breathing for the victim by giving them one breath every 5 seconds. If there's no pulse present begin CPR. You should wait no more than 10 seconds to find a pulse. If you don't know or are just unsure begin CPR.

Airway

Open the airway. Place one hand over the victim's forehead, and two fingers under the bony part of the chin. Gently tilt the head backward. This will open the airway and lift the tongue off the back of the throat.



Breathing

Lean over the victim's face and look, listen and feel. Look for the chest to rise. Listen for air movement and feel for air movement. If the victim is not breathing, continue tilting the head back, pinch the nostrils and administer 2 effective rescue breaths. You should blow until the victims chest slowly stops rising.

Chest Compressions – Adults and Children

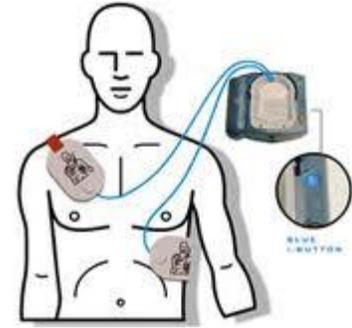
- Kneel at the victim's side.
- Place the heel of one of your hands on the lower part of the breast bone between his nipples.
- Place your other hand on top of that hand.
- Begin compressions, pushing about two inches deep.
- Do 30 fast compressions --- faster than one per second.
- **Infants** – Use two fingers instead of the heel of your hands.



	Ratio	Rate (Beats Per Minute)	Depth
Adult	30 Compressions/2 Breaths	100 BPM	2"
Child (1-8 yrs)	30 Compressions/2 Breaths	100 BPM	1" – 1.5"
Infant	30 Compressions/2 Breaths (CAUTION! Small breaths)	100 BPM	.5" – 1"

AED Usage

1. **Attach the AED.** First ensure that the adhesive AED pads are attached to a cable, which is plugged into the AED machine. Then bare the victim's chest and attach the adhesive pads in the appropriate locations. The AED should include a diagram (typically on the adhesive pads themselves) indicating where each pad goes. Always follow the instructions on the AED. Typically one pad is placed on the victim's right upper chest wall (above the nipple and to the right-from the victim's perspective-of the sternum). The other pad is placed on the victim's left chest/side just below the nipple and pectoral muscle. Make sure there is no water or lotion on the victim. Also if you see a small lump under the skin, it may be a pacemaker. Place the pad so it does not cover the pacemaker.



Note: CPR should not be interrupted while the adhesive pads are being applied.

2. **Turn on the Automatic External Defibrillator.**
3. **Stop CPR and say, "CLEAR!"** Ensure that nobody is touching the victim and push the "analyze" button on the AED machine. The AED will not be able to analyze the victim's heart rhythm accurately during CPR.
4. **Analyze the victim's heart rhythm.** The AED will automatically analyze the heart rhythm of the victim and inform you, the rescuer, whether shocks are indicated. A shock is only indicated if the victim's heart is in ventricular fibrillation. If you get a "no shock" message from the AED it can mean one of three things: the victim that you thought was pulseless does indeed have a pulse, the victim has now regained a pulse, or the victim is pulseless but is not in a "shockable" rhythm (i.e. not ventricular fibrillation). In this case proceed to step 11.
5. **Shock the victim.** If the AED indicates that a shock is required, **make sure that everyone is clear of the victim.** Tell everyone assisting you to stay clear of the victim and ensure that you are clear of the victim as well. Then press the shock button on the AED machine to deliver the first shock. Immediately following the shock, begin CPR for 5 cycles (or approximately 2 minutes).
6. **Begin CPR for 2 minutes (5 cycles).** Knowing how to use CPR and an AED is crucial. Perform CPR for 5 cycles of 30 compressions to 2 breaths.
Note: Do not remove the AED pads to perform CPR. Leave them in place.
7. **Check the victim's rhythm.** Use the AED to analyze the victim's rhythm after 2 minutes of CPR. Revert to step 7. If indicated by the AED, provide the victim with another shock.
8. **If the machine gives a "no shock" message after any analysis, check the victim's pulse and breathing.** If a pulse is present, monitor the victim's airway and provide rescue breathing as needed.

Choking

Adults and Children - A choking victim can't speak or breathe and needs your help immediately. Follow these steps to help a choking victim:

1. From behind, wrap your arms around the victim's waist.
2. Make a fist and place the thumb side of your fist against the victim's upper abdomen, below the ribcage and above the navel.
3. Grasp your fist with your other hand and press into their upper abdomen with a quick upward thrust. Do not squeeze the ribcage; confine the force of the thrust to your hands.
4. Repeat until object is expelled.

Infants:

Dislodge the blockage

Hold the baby so that he is lying face down along your forearm with his head lower than his bottom and his back and head supported.

1. Use the heel of your hand to give up to five blows between your baby's shoulder blades. (Effective back blows cure the majority of choking incidents).
2. Check your baby's mouth and remove any obvious obstructions. Do not use your finger to sweep inside his mouth. This could push the obstruction further into his throat.
3. If the baby is still unable to breathe, turn him onto his back and give up to five chest thrusts:
4. Use two fingertips to push inwards and upwards (towards his head against his breastbone, one finger's width below his nipple line).
5. Try to dislodge the object with each thrust. Don't automatically do all five.
6. Check your baby's mouth after each thrust and remove the obstruction.

