

Review for Community CPR Challenge

(adult/child/infant & AED)

ADULT CPR

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's shoulders, ask "are you OK?")

If unresponsive

- Activate EMS
 - If normal breathing then put in recovery position
- If not normal breathing
 - **With 2 hands**, 30 compressions, at least **2 inches**, at rate of 100 per minute
 - Tilt head, provide 2 breaths, enough to make chest rise
 - Repeat cycle
 - Use AED as soon as possible.
 - If AED says no shock, start compressions and follow instructions

CHILD CPR

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's shoulders, ask "are you OK?")

If unresponsive

- Activate EMS if with some, after 5 cycles or 2 minutes if alone
 - If normal breathing then put in recovery position
- If not normal breathing

- **With 1 hand**, 30 compressions, at least 1/3 the depth of body, or about **2 inches**, at rate of 100 per minute
- Tilt head, provide 2 breaths, enough to make chest rise
- Repeat cycle
- Use AED as soon as possible.
- If AED says no shock, start compressions and follow instructions

INFANT CPR

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's feet, ask "are you OK?")

If unresponsive

- Activate EMS if with some, after 5 cycles or 2 minutes if alone.

If not normal breathing

- **with 2 fingers**, 30 compressions, at least 1/3 the depth of body, or about **1 ½ inches**, at rate of 100 per minute
- Tilt head, provide 2 breaths, enough to make chest rise
- Repeat cycle
- Use AED as soon as possible.
- If AED says no shock, start compressions and follow instructions

For additional information or to schedule a CPR or First Aid class contact **Know CPR** at 703-528-7045, email us at Info@KnowCPR.com, or visit our web site www.KnowCPR.com