

NEW CPR GUIDELINES 2007 – SKILLS BREAKDOWN

ADULT AND CHILD CPR

1. **Check the scene for safety.** Use barrier devices and gloves.
2. **Determine unresponsiveness.**
3. **If unresponsive, send a bystander to call 911 (EMS).** If alone and dealing with an adult, phone right away. If dealing with a child, give two minutes of care first, then call fast for 911 (EMS).
4. **Open the airway.** Use the head-tilt/chin-lift. Place one hand on their forehead and 2 fingers under their chin. Tilt the head back so that their chin is the highest point of their face.
5. **Check for breathing-** for no more than 10 seconds. Look, listen and feel for breathing. If the person is breathing normally or starts breathing on his or her own, place in the recovery position (one their side).
6. **If no breathing...give 2 slow rescue breaths** (1 second per rescue breath). Take a deep breath before each rescue breath. Watch the chest visibly rise and allow for exhalation between rescue breaths. Don't force in too much air. If the rescue breath does not go in, tilt the head further back (reposition) and try to breathe in again. If 2nd breath still does not go in, see *Unconscious Choking for Adult, Child and Baby* (page 2).
7. **If rescue breaths go in ... begin CPR. Give 30 chest compressions and 2 rescue breaths. Push hard, push fast.** Place the heel of your hand in the center of their chest (on sternum) between chest muscles. Place your other hand on top of the first with fingers interlocked and parallel. Compress downward (90 degree angle) at a rate of approximately 100 compressions per minute. For adults (8 years and older) compress the chest **1 ½ to 2 inches**. For a child (1 to 8 years old) compress the chest **one third to one half** the depth of the chest. Immediately following 30 compressions give 2 slow rescue breaths (1 second per rescue breath). Repeat ongoing cycles of CPR until: 911 (EMS) arrives, you are too physically tired to continue, the area becomes dangerous, the person starts breathing, someone comes with an AED (Automated External Defibrillator), or another trained rescuer takes over.

BABY CPR

1. **Check the scene for safety.** Use barrier devices and gloves.
2. **Determine unresponsiveness.**
3. **If unresponsive, call 911 or your local EMS.** If alone, phone EMS right away. If another person is available, have them phone EMS.
4. **Open the airway slightly to a neutral position.** Use the head-tilt/chin-lift or jaw-thrust maneuver. Use the jaw-thrust maneuver without head-tilt if a head, neck or spinal injury is suspected.
5. **Check for breathing-** for no more than 10 seconds. Look, listen and feel for breathing. If the infant is breathing normally or starts breathing on his or her own, place in the recovery position.
6. **Give 2 slow rescue breaths** (1 second per rescue breath). Watch the chest visibly rise and allow for exhalation between rescue breaths. If the rescue breath does not go in, tilt the head further back (reposition) and try again to ventilate again. If breath still does not go in see *Unconscious Choking for Adults, Child, and Baby* (page 2).
7. **If breath go in, begin CPR. Give 30 chest compressions and 2 rescue breath. Push hard, push fast.** Place two fingers in the center of their chest (on sternum) just below the baby's nipple line. Compress a rate of approximately 100 compressions per minute. For a baby, compress **one third to one half** the depth of the chest. Immediately following 30 compressions give 2 slow rescue breaths (1 second per rescue breath). Repeat ongoing cycles of CPR until: 911 (EMS) arrives, you are too physically tired to continue, the area becomes dangerous, the baby starts breathing, or another trained rescuer takes over.

NEW CHOKING GUIDELINES –SKILLS BREAKDOWN

CONSCIOUS ADULT OR CHILD CHOKING

1. **Ask: “Are you choking?”** If the adult or child can speak, breathe or cough, do not interfere and encourage them to continue coughing.
2. If you feel the person is not getting in enough oxygen, tell the person you are trained, get consent and begin **Abdominal Thrusts (also known as Heimlich Maneuver)**. Go behind the person and wrap your arms around their waist. Place the thumb side of your fist above their navel and well below the sternum. Place your other hand over the fist and deliver sharp “inward and upward” thrusts ongoing.. For pregnant women or overweight persons, deliver sharp inward chest thrusts (between chest muscles) instead.
3. **Repeat abdominal thrusts until effective breathing is achieved.**
4. **When the person is breathing effectively**, they should be seen by a physician to rule out complications from the obstruction or from the abdominal thrusts.
5. If the adult or child becomes unresponsive, see *Unconscious Choking Adult, Child and Baby* below.

CONSCIOUS INFANT CHOKING

1. If the baby is coughing forcefully, sit the baby upright and allow them to continue coughing. If you feel the baby is not getting in enough oxygen, begin the “5 back blows and 5 chest thrusts” sequence.
2. **Give five back blows and five chest thrusts.** Place the baby on your arm, supporting the head and neck, on a downward angle (head below their feet). Using the heel of your hand, deliver 5 sharp back blows between their shoulder blades. Roll the baby over to your other arm, keeping the same downward angle. Place two fingers in the middle of their chest between chest muscles and give 5 chest compressions (one third to one half the depth of the chest).
3. **Repeat cycles of back blows and chest thrusts until effective breathing is achieved.**
4. **When the infant is breathing effectively**, they should be seen by a physician to rule out complications from the obstruction, back blows or the chest thrusts.
5. If the infant becomes unresponsive, see *Unconscious Choking Adult, Child and Baby* below.

UNCONSCIOUS ADULT, CHILD, BABY CHOKING

1. **Check the scene for safety.** Use barrier devices and gloves.
2. **Determine unresponsiveness.**
3. **If unresponsive, call 911 or your local EMS.** If alone, phone EMS right away. If another person is available, have them phone EMS.
4. **Open the airway.** Use the head-tilt/chin-lift. Place one hand on their forehead and 2 fingers under their chin. Tilt the head back for adult and child but for a baby, tilt the head back slightly.
5. **Check for breathing-** for no more than 10 seconds. Look, listen and feel for breathing. .
6. **If not breathing, give 2 slow rescue breaths.** If the rescue breath does not go in, tilt the head further back (reposition) and try to breathe in again. If the 2nd breath does not go in
7. **Perform chest compressions to help dislodge the obstruction. Push hard, push fast.**
Adult, Child and Baby: give 30 compressions.
8. **Immediately after chest compressions, look in the mouth.** Grasp their tongue and lower jaw and lift upward. Visually inspect their airway. If you see an object, finger sweep the object out with your other hand. Open their airway (head tilt chin lift) and attempt 2 breaths. If breaths go in and the person is still not breathing, continue CPR (30 compressions and 2 breaths). Repeat ongoing cycles of CPR until: 911 (EMS) arrives, you are too physically tired to continue, the area becomes dangerous, the person starts breathing, someone comes with an AED (Automated External Defibrillator), or another trained rescuer takes over.