

C.P.R Study Sheet

The steps you follow in an emergency and order the steps are followed

- Size up the scene
- Initial assessment
- Call EMS
- Second assessment

Protect your self against Blood Borne Pathogen

- Using?

Rescue Breath Adult, Child and Infant

- 1 breath every 5 sec. adult
- 1 breath every 3 sec. child and Infant

What do you do if breaths do not go in? (re tilt airway)

How long do you give Rescue breath for?

Choking

- Adult 5 back blows 5 abdominal thrusts
- Child 5 back blows you may have knee behind Victim depending on the size
- 5 back blows with the heel of your hand / turn the infant over and give 5 chest thrust compress the chest ½ to 1 inch

Unconscious

If rescue breathes do not go in

Check to see if there is object remove and then remove it with your finger .

Infant use your little finger

- Adult 5 chest thrust 1 ½ to 2 in
- Child 5 chest thrust 1 to 1 ½ in
- Infant 5 chest thrust ½ to 1 in three fingers just below the nipple line

C.P.R

Look for breathing and movement for no longer than 10 sec.

ADULT /CHILD

- Hand position two hands in the center of the chest
- 30 compressions 2 rescue breaths of a rate of about 100 compressions a minute

INFANT

- Two or Three fingers center of the chest just below the nipple line > keep one hand on the infants forehead
- 30 compression 2 rescue breaths

Know 2 person CPR

Know:

Respiratory distress

Heart attack

Heat stroke

Defibrillation

V-fibrillation

V-Tachycardia