

CPR Skills for Adults (anyone past puberty)

- *Check to make sure the scene is safe to approach the victim.
- *Tap the victim's shoulder and shout "Are you okay?"
- *If the victim doesn't respond, have someone call 911 and get an AED.
- *Check for breathing for 5-10 seconds by looking at their chest.
- *If no breathing, start with 30 compressions on the lower half of the breastbone.
- *The rate should be 100-120 compressions per minute, pushing down at least 2 inches.
- *Open the airway and give 2 breaths using a pocket mask.
- *Continue sets of 30 compressions and 2 breaths until help arrives to take over, the AED arrives, or you are too tired to continue.

CPR Skills for Child (1yr. - puberty):

- *Check to make sure the scene is safe to approach the victim.
- *Tap the victim's shoulder and shout "Are you okay?"
- *If the victim doesn't respond, have someone call 911 and get an AED.
- *Check for breathing for 5-10 seconds by looking at their chest.
- *If no breathing, start with 30 compressions on the lower half of the breastbone.
- *The rate should be 100-120 compressions per minute, pushing down approximately 2 inches.
- *Open the airway and give 2 breaths using a pocket mask.
- *Continue sets of 30 compressions and 2 breaths until help arrives to take over, the AED arrives, or you are too tired to continue.



Child or Infant **unwitnessed** unresponsiveness: If a lone rescuer finds an unresponsive child or infant who is not breathing or only gasping, the rescuer should perform 5 cycles (about 2 min) of CPR before leaving them to activate EMS. (Many infants and children are thought to develop respiratory arrest before they develop cardiac arrest. If such children receive prompt CPR before development of cardiac arrest, they have a high survival rate. If the rescuer leaves a child with respiratory arrest to phone EMS, the child may progress to cardiac arrest, and the chance of survival will be much lower.)

How to use an AED on an adult:

1. Power on the AED and follow the AED prompts.
2. Attach the AED pads to the victim's bare chest.
3. Say in a loud voice 'clear'.
4. If the AED advises a shock, clear the victim again in a loud voice.
5. Press the shock button.
6. Immediately resume CPR, starting with compressions. After 2 minutes the AED will prompt you to repeat steps 3 and 4.

AED use on a child: Same steps as for adult except use child pads. If you do not have child pads, use the adult pads, making sure they do not touch. You may have to put one pad on the child's chest and the other pad on the child's back.