

Heartsaver CPR Review Sheet



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Association®

AUTHORIZED
TRAINING
CENTER

CPR Skills for Adults

- Look around to see if it is safe to approach
- 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 chest compressions on the lower half of the breastbone.
- The rate should be at least 100 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

- Make sure the scene is safe to approach
- Tap the child's shoulder and shout "Are you okay?"
- If the child 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, begin 30 chest compressions on the lower half of the breastbone with one or two hands.
- The rate should be at least 100 compressions per minute, pushing down approx. 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.

Infant BLS CPR certification

- Make sure the scene is safe to approach
- Tap the baby's feet and shout "Are you okay?"
- If the infant doesn't respond, have someone call 911 and get an AED.
- If no breathing, begin CPR. Start with 30 chest compressions using 2 fingers on the chest, just below the nipple line.
- The rate should be at least 100 compressions per minute, pushing down about 1 ½ 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/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

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

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

AED use on an infant: You should use child pads if they are available. If child pads are not available, use the adult pads, making sure the pads don't touch. You may have to put one pad on the infant's chest and the other pad on the infant's back.

Choking Adult or Child

- Stand or kneel behind the victim and make a fist above their navel.
- Grasp your fist and perform abdominal thrusts using quick upward thrusts.
- Repeat until object comes out or victim becomes unconscious.
- If victim becomes unconscious, have someone call 911 and get the AED while you perform CPR, checking the mouth for the object after each set of compressions.

Choking Infant

- Kneel or sit with the infant on your lap.
- Hold the infant facedown, resting on your forearm. Support the infant's head with your hand.
- Deliver 5 back slaps between the infant's shoulder blades using the heel of your hand.
- Support the baby's head and flip them over while supporting their head. Give 5 chest thrusts over the lower half of the breastbone.
- Repeat until object comes out or baby becomes unconscious. If baby becomes unconscious, have someone call 911 while you perform CPR, checking the mouth for the object after each set of compressions.