

# CPR Guidelines Adult 12 <

## No matter what the situation

**CHECK** The scene and the patient

Tap on the shoulder and shout “are you okay”

If no response

**CALL** Call 911 or the local emergency number

**CARE** Take Care of the patient by doing the following steps:

**A** = Airway tip the head back and lift on the chin

Check for signs of life (movement and breathing) for no more than 10 seconds. If no breathing, give 2 slow breaths. If they are breathing, place in recovery position and monitor Airway, breathing and circulation

Look for, and control any severe bleeding

If no breathing, begin CPR

If there is an AED available, and you are trained to use it, get it

## CPR

If no signs of life, begin CPR by placing the hands in the middle of the breastbone.

Lock elbows straight, lean over the victim and begin chest compressions at a rate of about 100 per minute. Count 1 and 2 and 3 and 4 until you get to 30, then give 2 slow breaths.

Repeat this sequence until

The scene becomes unsafe

You find a sign of life

AED is ready to use

You are too exhausted to continue

Another trained responder arrives and takes over

## **OBSTRUCTED AIRWAY**

If the ***victim is conscious***, ask them if they are okay. If they cannot speak, cough, or make any noises other than possibly a high pitched wheeze, then they are choking. Ask them if you can help. If they nod yes, lean the person forward and give 5 back blows with the heel of your hand. If they are still choking, position yourself behind them, reach around to find their navel with 1 hand and place your other fist, thumb side in, just above their navel. Give 5 quick thrusts inward and upward. (Note: Give chest thrusts to a choking person who is pregnant or too big for you to reach around). Continue back blows and abdominal thrusts until

- Object is forced out
- Person can breathe or cough forcefully
- Person becomes unconscious

If the ***victim is unconscious***: Try and give 2 slow breaths. If no air will go in, *re-tip* the head and try again. If still no air goes in, place your hands on the victim's chest (as in CPR) and give 30 chest thrusts. ***Sweep out the mouth if you can see anything.*** Give 2 slow breaths. If air goes in, check for signs of life and continue as previously instructed. If no air goes in, give 30 more chest thrusts, finger sweep if you can see something, and give 2 slow breaths. Continue with chest compressions, sweeps and breaths until you can get air in.

## AED

After checking an ill or injured person who is not breathing

Turn on the AED

Wipe the chest dry (remove any medication patches with a gloved hand)

Attach pads to a bare chest

Plug in connector, if necessary

Make sure no one, including you is touching the person

Say “everyone stand clear”

Push the analyze button, if necessary

Let the AED analyze the heart rhythm

IF SHOCK ADVISED

Make sure no one including you is touching the patient

Say “everyone stand clear”

Push “shock” button, if necessary

After shock, give 5 cycles or about 2 minutes of CPR

Let the AED reanalyze

If no shock advised, give 5 cycles or about 2 minutes of CPR

CPR is most effective if started immediately and followed by AED and drug intervention. Therefore, calling 911 and starting CPR is vital.

If oxygenated blood is not circulated to the vital organs, brain cells start to die within 4-6 minutes, and are not regenerated