

# CPR

Use common sense with any serious injury.

Call 911 (or other emergency number) for assistance right away. Know the type of injury and the exact location of the victim. Avoid moving the victim whenever possible; bring help to him/her instead. Know where AEDs and first aid kits are kept. This information does not take the place of CPR (Cardiopulmonary Resuscitation) training. For emergency first aid and CPR training, contact your Human Resources Department, local Red Cross or American Heart Association. These instructions are for adults only (Infant and Children CPR differ).

## 1 Make sure it is safe to approach the victim:

Do not put yourself in danger. Do not touch the victim if he/she appears to have been electrocuted. Call 911 immediately.



## 2 Observe the situation and attempt to wake the victim:

If it's safe, approach the victim, tap him/her gently and ask loudly, "Are you all right?" Do not shake the victim if you suspect a back or neck injury. If there is no response or the victim is not breathing or only gasping for air, have a bystander call 911, or call yourself if no bystanders are present, and immediately proceed to the next steps. If possible, place the phone on speaker so the dispatcher can help you check for breathing, get your precise location, and provide help with performing CPR. If the victim responds but is injured or needs medical assistance, you or a bystander must phone 911. Recheck the victim's condition frequently.



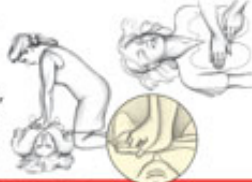
## 3 If you do not suspect a back or neck injury:

Place the victim on a hard surface in a face-up position. If an unresponsive victim is face down, roll the victim to a face-up position by placing one hand gently on the head and neck and the other on the hip, turning the victim as a unit.



## 4 Immediately begin chest compressions:

Locate the middle of the breastbone by drawing an imaginary line between the nipples. Place the heel of one hand just below that line and then place the heel of the second hand on top of the first so the hands are overlapped. Straighten your arms, lock elbows and lean over so your shoulders are in line above your hands. Using the heels of both hands, firmly push straight down approximately 2 inches but no more than 2.4 inches on the chest. Release pressure completely between pushes, keeping your hands on the victim's chest at all times. Allow the chest to return to its normal position completely after each compression. Avoid leaning on the chest between compressions. Count the number of compressions by saying "one and two and three..." Push hard and push fast (rate of 100 to 120 compressions a minute).



**!** If you are not trained in CPR or are uncomfortable with your ability to provide rescue breaths, skip steps 1 and 2 and continue performing chest compressions at a rate of 100 to 120 compressions a minute until an AED arrives and is ready for use, the victim begins to move or EMS personnel take over care of the victim.

## 5 After 30 compressions – open the airway and begin rescue breathing:

Open the airway by placing one hand on the victim's forehead and the other hand under the victim's chin and gently tilt the victim's head back (head-tilt/chin-lift method). Maintaining the open airway, gently pinch the victim's nose shut and cover the mouth with your fingers, creating an airtight seal, or use a mouth-guard as shown. Give the victim two full, slow rescue breaths. Each rescue breath should be delivered in one second and should cause the chest to rise. Make sure you take a regular (not a deep) breath between each rescue breath. This prevents you from getting dizzy or lightheaded. Watch the victim's chest. If it does not clearly rise and fall after the first rescue breath, perform the head-tilt/chin-lift again before giving the second rescue breath.



**!** Do not try more than two times to give a rescue breath that makes the chest rise, because it is important to continue chest compressions.

## 6 After delivery of two rescue breaths:

Repeat the combination of 30 chest compressions and two rescue breaths, remembering to release all pressure between pushes and to watch the chest rise and fall during breaths. You should continue this combination of compressions/breaths until an AED arrives, the victim begins to move or EMS personnel take over CPR.



### EMERGENCY INFORMATION:

Ambulance **911** Call

Local Emergency Phone #

CPR Kit Location

### CPR VOLUNTEERS:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

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