

BASIC CPR INSTRUCTIONS

CALL: CHECK FOR CONSCIOUSNESS. IF THERE IS NO RESPONSE, HAVE SOMEONE CALL 911.

BLOW: TILT THE HEAD BACK AND LISTEN, WITH YOUR EAR OVER THE VICTIM'S MOUTH AND LOOK FOR BREATHING, BY THE MOVEMENT OF THE CHEST. IF NOT BREATHING NORMALLY, COVER THE MOUTH WITH YOURS AND BLOW UNTIL YOU SEE THE CHEST RISE. GIVE (2) BREATHS. EACH BREATH SHOULD TAKE (1) SECONDS.

PUMP: IF THE VICTIM IS NOT BREATHING, MOVING OR COUGHING, BEGIN CHEST COMPRESSIONS. PUSH DOWN ON THE CHEST (1/2 TO 2 INCHES) (30) TIMES RIGHT BETWEEN THE NIPPLES. PUMP AT THE RATE OF 100 / MINUTE.

FOR CHILDREN (AGES 1-8): THERE ARE FOUR DIFFERENCES FROM ADULTS- 1) IF ALONE WITH CHILD GIVE TWO MINUTES OF CPR BEFORE CALLING 911 2) USE THE HEEL OF ONE HAND FOR COMPRESSIONS 3) PRESS DOWN ONLY 1/3 DEPTH OF CHEST, 4) RATIO (30) COMP. TO (2) BREATHS.

FRONT OF THE CARD

CPR INSTRUCTIONS FOR INFANTS

SHOUT AND TAP: IF THERE IS NO RESPONSE, PLACE CHILD ON THEIR BACK.

OPEN THE AIRWAY: USING THE HEAD TILT CHIN LIFT METHOD. DO NOT LIFT THE HEAD TOO FAR BACK.

GIVE (2) BREATHS: IF NOT BREATHING, GIVE TWO BREATHS. COVER THE BABY'S MOUTH AND NOSE WITH YOUR MOUTH. EACH BREATH SHOULD BE 1 SECOND LONG. YOU SHOULD SEE THE BABY'S CHEST RISE WITH EACH BREATH.

GIVE (30) COMPRESSIONS: GIVE THIRTY GENTLE CHEST COMPRESSIONS AT THE RATE OF 100 PER MINUTE. POSITION YOUR 1ST AND 4TH FINGERS IN THE CENTER OF THE CHEST HALF AN INCH BELOW THE NIPPLES. PRESS DOWN ONLY 1/3 THE DEPTH OF THE CHEST.

REPEAT: REPEAT WITH (2) BREATHS AND (30) COMPRESSIONS. AFTER TWO MINUTES OF REPEATED CYCLES, CALL 911 AND CONTINUE GIVING BREATHS AND COMPRESSIONS.

BACK OF THE CARD