



First Aid • CPR (Cardiopulmonary Resuscitation) & Choke Poster



• IN THE EVENT HAVE SOMEONE CALL 911 IMMEDIATELY •

CPR Cardiopulmonary Resuscitation

CHECK SCENE

Check to see if you're in a dangerous situation. Call 911 if you're not.

If you're in a dangerous area and breathing is not possible, move to a position with no risk.



REPOSITION

If something is above, place the head of your hand on the middle of the forehead between the eyebrows. Place the other hand on top of the first hand & lift your fingers.

Place a hand vertically on the breastbone & depress 1 1/2 to 2 inches. Complete these compressions at a rate of 100 per minute or faster (one to a second).



TILT HEAD & CHIN

Look down to see if breathing. The forehead gently to help airway open.

Check the mouth for obstructions & remove them with your index finger.



Continue Compressions

If no pulse and breathing, continue the compressions you already full heart strength after each compression to allow chest to rise.

Use an automated external defibrillator if available. Many CPR compressions will stimulate the heart. Do not stop until the compressions can be taken over by paramedics or another bystander.



CHOKING

CHECK SCENE

Remove yourself from, cough or walk. Remove anyone high priority someone who breathing.

Look to figure out if they're having trouble.



5 BACK BLOWS

Stand behind the victim and lean your arms around the waist. Place the heel of one hand against the victim's shoulder blades with the heel of your hand.



5 ABDOMINAL THRUSTS

Stand behind the victim and lean your arms around the waist. Place the heel of one hand against the victim's abdomen just above the navel. Grab your fist with the other hand. Push up and inward and upward.

Take the upper part of the hand only if you cannot fit. Push up & inward & upward unless you can see the object in the person's mouth.



REPEAT STEPS

Repeat steps 2 & 3 until the object is coughed up & breathing resumes.

If no response, unconscious, advance to performing CPR.

