

## CPR - CARDIOPULMONARY RESUSCITATION

IT CAN BE AS EASY AS A- B- C:

### A - AIRWAY

Place victim flat on his/her back on a hard surface.

Shake victim at the shoulders and shout "are you okay?"

If no response, call emergency medical system -**911** then,

**Head-tilt/chin-lift** - open victims' airway by tilting their head back with one hand while lifting up their chin with your other hand.

### B - BREATHING

Position your cheek close to victims' nose and mouth, look toward victims' chest, and

**Look, listen, and feel** for breathing (5-10 seconds)

If not breathing, pinch victim's nose closed and give **2 full breaths** into victim's mouth (use microshield).

If breaths won't go in, reposition head and try again to give breaths. If still blocked, perform abdominal thrusts (Heimlich maneuver)

### C - CIRCULATION

Check for carotid pulse by feeling for 5-10 seconds at side of victims' neck.

If there is a pulse but victim is not breathing, give **Rescue breathing** at rate of **1 breath every 5 seconds** Or **12 breaths per minute**

If there is no pulse, begin chest compressions as follows:

Place heel of one hand on lower part of victim's sternum. With your other hand directly on top of first hand, Depress sternum 1.5 to 2 inches.

Perform **15 compressions** to every **2 breaths**. (rate: 80-100 per minute)

check for return of pulse every minute.

**CONTINUE UNINTERRUPTED UNTIL ADVANCED LIFE SUPPORT IS AVAILABLE.**

see <http://siri.uvm.edu/ppt/firstaidecpr/sld001.htm> for slide show