



CPR Sequence	Adults	Children 1 Year to Puberty	Infants Birth - 1 Year
Scene Safety	Make sure it is SAFE to approach the victim. Remove Electrical, Chemical, Traffic, and Fire Hazards.		
Assess Response	Tap and shout, "Are you OK?" If no response "CALL 911" "You get the AED"	Tap and Shout, "Are you OK?" If no response Shout for help	
Assess Breathing	Check for rhythmic breathing (delay no more than 10 seconds)	Check for rhythmic breathing (delay no more than 10 seconds)	
If Breathing	Roll victim gently on side to protect from vomit or fluids in airway (if necessary).		
NOT Breathing	If NO breathing is found or victim is only gasping , begin chest compressions immediately and continue until EMS arrives.		
START CPR	<p>"Hands-Only" CPR continuous chest compressions at a depth of at least 2 inches on lower half of chest for 5 minutes or until AED tells you to stay clear.</p> <p>If AED does not arrive - begin non-stop cycles of 30 compressions and 2 breaths until EMS arrives or it is no longer safe to continue.</p>	<p>If alone, begin CPR immediately on lower half of chest. 30 compressions with 2 gentle breaths Child Depth 2 inches Infant Depth 1 ½ inches</p> <p>Continue for 2 minutes / 5 cycles of 30:2 Shout for assistance during compressions.</p> <p>If help arrives continue CPR, call 911 and use any AED available.</p> <p>If no one comes, after 2 min. find a phone, call 911 and continue CPR. Use any AED available.</p>	

Use of AED:

- Remove all clothes from chest. Move victim quickly out of water if necessary. Wipe water or sweat from chest. Shave chest quickly if hairy. Apply AED pads to clean, dry, bare chest. Place according to pictures on the pads. Avoid placing pads on medicine patches or directly over pacemaker. (If victim is a child, attempt to use child pads if available. If no child pads, it is ok to use adult pads.)
- Continue compressing on lower half of chest until AED advises: **"STAY CLEAR OF VICTIM."**
- If shock is advised, waive hands over victim; announce: **"STAY CLEAR."** Hit shock button when it lights up. Leave AED pads on chest and resume compressions immediately.
- Continue CPR for 5 more cycles of 30 compressions and 2 breaths. DO NOT pause or skip compressions except to give 2 gentle attempts at breaths after a full set of 30 compressions.
- Every 2 minutes AED will attempt to analyze and shock again. Lift off only when AED says **"STAY CLEAR."**
- If AED states: "no shock advised." Immediately resume CPR and continue until AED speaks again.



Choking Sequence	Adults	Children 1 Year to Puberty	Infants Birth - 1 Year
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Choking	<p>Ask victim- "Are you choking?"</p> <p>If they are coughing or gasping allow them to clear the object themselves. DO NOT apply back blows if they are coughing.</p> <p>If they are not moving any air, or have a high pitched wheezing sound.</p> <p>Perform Abdominal Thrusts from behind victim. Locate belly button, place fist slightly above navel, below rib cage, and apply hard upward, inward thrusts to lift diaphragm.</p> <p>If patient collapses, activate 911, begin chest compressions.</p>	<p>Alternate 5 back blows with 5 chest compressions.</p> <p>If this is not effective, activate 911 and begin CPR.</p>
Choking	Special Considerations	
Pregnant Women	<p>In later stages of pregnancy, abdominal thrusts may injure the victim or be ineffective. To relieve choking during late pregnancy, brace yourself behind victim and perform chest thrusts underneath armpits with fist in center of breastbone. If progressively harder chest thrusts are ineffective, apply progressively harder back blows. Be prepared to catch victim and gently guide her to the floor. If victim collapses, roll her to her back, activate 911 and initiate CPR chest compressions.</p>	
Obesity	<p>Obese patients may be too large to wrap arms around and perform abdominal thrusts. In this case attempt chest thrusts from behind same as pregnant woman. If this is ineffective apply progressively harder back blows.</p> <p>Be prepared to catch victim and gently guide them to the floor. If victim collapses, roll them to their back, activate 911 and initiate CPR chest compressions.</p>	