

# CPR Comparison | Adults, Children, Infants

## Adult



Two hands in center of chest

Compress at least 2" no more than 2.4" in depth  
100–120 compressions/min

Head tilt, chin lift to past-neutral position; pinch nose shut and form seal over mouth



30 chest compressions and 2 rescue breaths

## Child



One or two hands in center of chest

Compress about 2" at least 1/3 chest depth  
100–120 compressions/min

Head tilt, chin lift to slightly past-neutral position; pinch nose shut and form seal over mouth



30 chest compressions and 2 rescue breaths

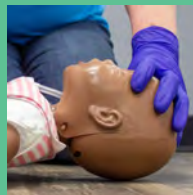
## Infant



Two fingers, two thumbs, or the heel of 1 hand just below the nipple line

Compress about 1½" at least 1/3 chest depth  
100–120 compressions/min

Tilt head to neutral position; form seal over mouth and nose



30 chest compressions and 2 rescue breaths

### Hand Positions

### Chest Compressions

### Rescue Breaths

### Sets

# Emergency Care Basics

## Key Concepts

### Responder Heroes

- + Get Trained/Review Often
- + Do no further harm
- + Play a critical role in life and death emergencies
- + Give care to best of your ability
- + Constantly monitor surroundings

### Bystanders: 'Essential Helpers!'

- + Call 911/Get AED/First Aid Kit
- + Crowd/Traffic Control
- + Lead EMS/Fire/Police to scene
- + Assist responder in care

### Universal Precautions

- + Ensure scene safety
- + Wear PPE (gloves/goggles/etc.)
- + Remove contaminated gloves carefully
- + Dispose of all materials/waste properly

### CPR

- + Check person for responsiveness/normal breathing
  - + Call 911/Get AED if available!
- C - Compressions:** 30, 2-2.4", let chest recoil completely (rate:100-120/min)
- A - Airway:** open with head-tilt, chin-lift (repeat if breath fails to raise chest)
- B - Breathing:** 2 breaths, 1 second, gentle chest-rise

### Illness Assessment (Conscious Person)

- (S)** Signs & Symptoms
- (A)** Allergies
- (M)** Medications
- (P)** Past Medical History
- (L)** Last Food and Fluids
- (E)** Events leading to emergency

### Injury Assessment (Unconscious Person)

- + Focused/ Head-to-Toe Exam
- + Verbal or Manual
- + Head/Face, Neck, Shoulders, Collar-bone, Chest, Abdomen/Hips Legs, Arms
- + Control obvious bleeding immediately

### AED

- + Turn on
- + Put pads on bare chest (protect privacy)
- + Follow AED prompts
- + If patient regains consciousness, leave pads and power on until EMS arrives
- + Continue to monitor patient and AED prompts

### After an Emergency

- + Expect physical/emotional changes
- + Get counseling for any mental health needs
- + Know you made a difference!

## Skill 1-1 | Removing Contaminated Gloves



1. **Pinch** palm of one glove, avoid touching bare skin.



2. **Pull** down slowly, away from face, avoid snapping glove.



3. **Gather** soiled glove in other gloved hand.



4. **Slide** two bare fingers under cuff of gloved hand.



5. **Turn** the glove inside out while pulling off.



6. **Dispose** of glove properly. Keep cuff of soiled gloves up to avoid dripping.

# Skill 1-2 | Assessing a Responsive Person

‘Secondary Survey’, if breathing normally

Always Asses Scene Safety and Remember Your PPE.

- 1. Ensure scene safety and PPE.
- 2. Face patient.
- 2. Introduce self: “Hi. My name is \_\_\_\_\_.”
- 3. State training: “I know First Aid.”
- 4. Ask permission: “Can I help you?”
- 5. If care is refused or is agitated, keep safe distance and call 911.
- 6. Ask: “Can you tell me what happened?”
- 7. Determine if medical/illness vs trauma/injury.



Medical / Illness	Trauma /Injury
Say, “You look uncomfortable. Can you tell me what’s wrong?”	Control any obvious bleeding.
<b>(S)</b> Signs/Symptoms	Focused Exam: expose and treat
<b>(A)</b> Allergies	Head-to-Toe Exam: verbal or manual
<b>(M)</b> Medications	+ Head/Face
<b>(P)</b> Past medical history	+ Neck/Back
<b>(L)</b> Last Food/Fluids	+ Shoulders/Collarbone
<b>(E)</b> Events leading to this	+ Chest
Look for medical alert jewelry.	+ Abdomen/Hips
	+ Legs/Arms

# Skill 1-3 | Assessing an Unresponsive Person

## 'Primary Survey', if breathing normally

**Always Assess Scene Safety and Remember Your PPE.**

1. Shout, "Are you OK?" If no response, tap shoulder firmly, do not shake, and shout again, "Are you OK?" (**Shout-Tap-Shout**).
2. If they do not respond, are not breathing or are only gasping, call 911/Get AED if available, or send bystanders, and begin CPR.



### Unresponsive and Breathing

If breathing normally:

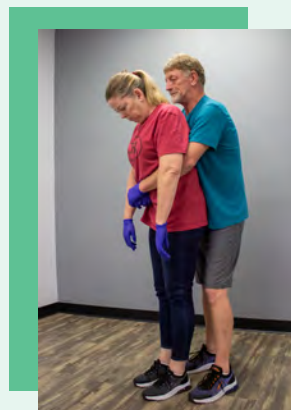
1. Scan body for obvious bleeding and control, if found.
2. Look for obvious deformities.
3. Look for medical alert jewelry (necklace, bracelet, anklet, watch-band, phone ICE info/contacts).
4. Place person in side-lying recovery position to assure that breathing is unimpaired. Continue to monitor and check breathing frequently, as the person's condition can quickly become worse. If person stops breathing, position on back on a firm, flat surface and begin CPR.

**If person's condition worsens call 911/Get AED if available!**

# Skill 2-1 | Choking: Conscious Adult

**Always Assess Scene Safety and Remember Your PPE.**

1. If person is gagging, but coughing forcefully, say, “Keep Coughing!”
2. If unable to cough or speak, say, “I’m trained. Can I help you?” If person signals/nods “YES,” tell bystanders to “**Call 911!** There’s a choking adult in \_\_\_ (the cafeteria, etc.) and someone is helping them.” Ask bystander to also **Get AED**.
3. Stand behind them, reach your hands around to navel ‘belly button’, make a fist, turn thumb-side in to navel and grasp with other hand. Pull firmly INWARD/UPWARD. Continue until object is dislodged or person becomes unconscious.
4. If pregnant or too large or person is in a chair or wheelchair, reach around chest at under-arm level, thumb-side in on breastbone and pull straight in. Repeat until obstruction is dislodged or person becomes unconscious.
5. If abdominal or chest thrusts are ineffective, stand to person’s side, reach across chest, and support far shoulder with your hand. With the other hand, bend them over at waist approximately 90 degrees, and with the heel of your other hand, deliver up to 5 back slaps/blows between their shoulder blades.
6. Alternate with abdominal or chest thrusts until the object is dislodged or the person becomes unconscious.



# Skill 2-2 | Choking: Unconscious Adult

**Always Asses Scene Safety and Remember Your PPE.**



1. Lower person to ground, positioning face up on firm, flat surface.
2. Call 911 yourself, if alone, and get AED or tell bystanders to **Call 911**. Say, “There’s a choking adult in \_\_\_\_\_ (the cafeteria, etc.) and someone is helping them.” Ask bystander to also **Get AED if available**.

3. Begin CPR, starting with **30 COMPRESSIONS**.

If planning to give 2 breaths, 1st look in person’s mouth (open with one hand). If object is seen in back of throat, carefully reach for object with the index finger (little finger for infants, small children) of the other hand, remove object.

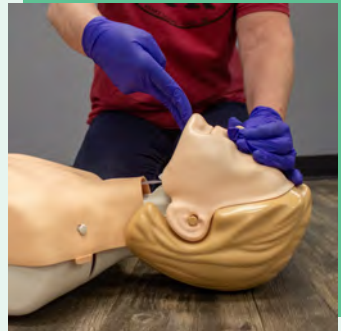
4. Open AIRWAY (head-tilt/chin lift); if BREATH does not raise the chest, reposition and try again.
5. Repeat cycles of **C-A-B sequence (Box 1-2)**, checking for and removing objects only if seen before giving breaths.
6. Continue sequence until chest rises or EMS arrives.

# Skill 2-3 | CPR

## Cardiopulmonary Resuscitation

**Always Asses Scene Safety and Remember Your PPE.**

1. Determine unresponsiveness.  
**SHOUT-TAP-SHOUT**, “Are you OK?”
2. Look toward the chest for normal breathing.  
If no normal breathing or only occasional gasping, tell bystanders (do this yourself if ALONE), “You in the red shirt: GO CALL 911.” Say, “We found an unresponsive adult who is not breathing. We’re giving CPR.” Then “GO GET AED.”
3. Kneel at person’s side. Position your shoulders straight above your hands, elbows locked. Use heel of hands (one on top of other) at center of chest, lower half of breastbone. PUSH down 2-2.4” and fully release chest after each compression. Do 30 compressions.
4. Open airway with head-tilt/chin-lift, apply face shield or pocket mask, give two, 1-second breaths, just enough to make the chest rise gently. If first breath does not make chest rise, reposition and try again.
5. Repeat the **C-A-B sequence (Box 1-2)** until:
  - EMS arrives
  - AED is ready to analyze
  - If scene becomes unsafe
  - If victim regains signs of life
  - If you are too exhausted to continue
6. If unable/unwilling to give rescue breaths, give “Hands-Only” compressions.

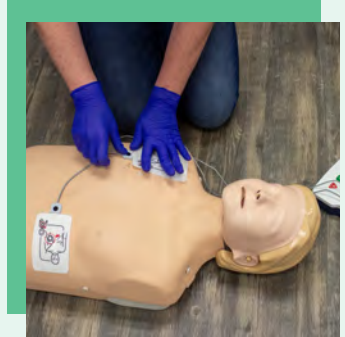


# Skill 2-4 | Using an AED

## Automated External Defibrillator

**Always Asses Scene Safety and Remember Your PPE.**

1. Bring AED to above shoulder level of person receiving CPR. TURN ON.
2. Remove all chest clothing, move jewelry out of way, dry chest, if wet, remove medication patches, shave if very hairy and apply Adult AED pads to bare chest.



(Apply front and back of chest if external ports interfere with upper right pad placement).

3. CLEAR EVERYONE AWAY when AED says ANALYZING.
4. Ensure EVERYONE IS CLEAR (even you), and yell, “SHOCKING—STAND CLEAR” and push flashing BUTTON (body may move/’jump’).
5. Immediately resume CPR C-A-B sequence (Box 1-2).
6. Change places during analyzing phase, if another rescuer is assisting, to prevent fatigue.
7. If person starts to move, show ‘signs of life’, do NOT remove pads or turn off AED.
8. Continue to monitor person. If they become unconscious again, follow AED prompts.



# Skill 4-1 | Controlling Bleeding

**Always Assess Scene Safety and Remember Your PPE.**

## **DIRECT PRESSURE**

1. Expose wound.
2. Press clean cloth to wound with firm pressure.

If blood soaks through, do not remove. Add more dressings/direct pressure.



## **IF BLEEDING STOPS**

1. Wrap snug with roller gauze, but not too tight, that it restricts circulation below bandage (skin feels cooler, paler in color).
2. Monitor for further bleeding.



## **PERSISTENT/UNCONTROLLED BLEEDING**

1. Apply a commercial/manufactured tourniquet. If not available, or if tourniquet fails to control the bleeding, use firm, direct manual pressure with a hemostatic dressing.



## **NON-EXTREMITY BLEEDING/CHEST OR ABDOMEN**

1. If properly trained, pack hemostatic or plain gauze as deep into wound as possible.
2. Continue to apply very firm direct pressure to packed wound for 3-8 minutes (see manufacturer's instructions for further care info).
3. If showing signs of SHOCK, lay person on floor, cover with emergency blanket, jacket, etc., to keep warm.
4. Continue to monitor wound for further bleeding, worsening signs of shock.
5. Comfort, calm and reassure person.