Updated CPR Protocols Tip Sheet

MANEUVER	ADULT Adolescent	CHILD 1 year to puberty	INFANT Under 1 year of age
ACTIVATE Emergency Response Number (one rescuer)	Activate when victim found unresponsive with no normal breathing	Activate when victim found unresponsive, no normal breathing. If home alone, activate after performing **5 cycles** of CPR.	
CIRCULATION **HCP:** Pulse check (5-10sec)	Carotid (can use femoral in child)		Brachial or femoral Begin CPR if no pulse or pulse < 60
CPR Sequence	**C-A-B**	**C-A-B**	
COMPRESSIONS			
Compression landmarks	Center of chest, between nipples		Just below nipple line
Compression method *Push hard and fast* *Allow complete recoil*	2 Hands: Heel of 1 hand, other hand on top	2 Hands: Heel of 1 hand with second on top or 1 Hand: Heel of 1 hand only	1 rescuer: 2 fingers, 2 rescuers: 2 thumb-encircling hands
Compression depth	At least 2 inches	At least 1/3 AP diameter About 2 inches	At least 1/3 AP diameter About 1 ½ inches
Compression rate	**At least 100/min**		
Compression-ventilation ratio	**30:2** (1 or 2 rescuers) If 2 rescuers, change rescuers after 5 cycles	**30:2** (single rescuer) **15:2** (2 rescuers) If 2 rescuers, change rescuers after 5 cycles	
AIRWAY	Head tilt-chin lift (HCP: suspected neck trauma, use jaw thrust)		
BREATHS Initial	2 breaths, causing chest rise, at **1 second**/breath	2 effective breaths at **1 second**/breath	
HCP: Rescue breathing without chest compressions	10 to 12 breaths/min (approximately 1 breath every 5 to 6 seconds)	12 to 20 breaths/min (approximately 1 breath every 3 to 5 seconds)	
HCP: for CPR with advanced airway	Two rescuers operate independently: Compressor: 100/min, without stopping; Bagger: 8 to 10 breaths/min (approximately 1 breath every 6 to 8 seconds)		
DEFIBRILLATION			
AED	Use adult pads. Do not use child pads/child system. For out-of-hospital response **use AED as soon as available**	Use AED as soon as available for sudden collapse and in-hospital. All: After **5 cycles** of CPR (out-of-hospital). Use child pads/child system for child 1 to 8 years if available. If child pads/system not available may use adult AED pads.	Use manual defibrillator if available. If not, use an AED with a pediatric dose attenuator. May use adult pads if no other option (front and back placement).
CHOKING			
Foreign-body airway obstruction - conscious	Abdominal thrusts (Heimlich)		5 back slaps and 5 chest thrusts
Foreign – body airway obstruction- unconscious	Perform steps for CPR. After 30 compressions, checking in the mouth each time before attempting 2 breaths, and removing any objects found		