

CPR and Choking Handbook

For Patients and Families



Children'sSM
Healthcare of Atlanta

You can save a life by knowing basic CPR

Tap and shake the person to see if they respond. If they are unresponsive:

- Tell someone to call 911 and get the automated external defibrillator (AED). Then, begin CPR using the C-A-B guidelines below.
- If you are alone with an unresponsive adult, call 911 before starting CPR. If you have a cell phone, call 911 while you are performing CPR and put it on speaker.
- If you are alone with an unresponsive baby or child, do 5 sets of 30 compressions and 2 breaths first before going to call 911. If you have a cell phone, you can call 911 while you are performing CPR.

C Begin **chest compressions** if the person shows no signs of life, such as coughing, moving or breathing.

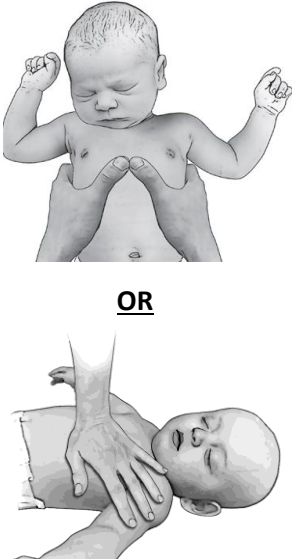


A Open the **airway** by lifting the chin and tilting the head back.

B Give 2 **breaths**, just enough to make the chest rise.

Continue CPR using the guidelines below until medical help arrives and takes over, or until the person shows signs of life, such as coughing, moving or breathing. If someone brings an AED before medical help arrives, open it, turn it on and follow the prompts. It is very important to make sure everyone follows the AED's instructions when it says not to touch the person.

	Baby	Child and adult
Age	Birth to 1 year old	Child (1 year old to puberty) Adult (anyone past puberty)
Chest compressions	100 to 120 compressions per minute	
Number of chest compressions and breaths	30 compressions and 2 breaths (each cycle)	
Chest compression depth (must be on a hard surface)	Push hard and fast, about one-third total depth of chest – around 1 ½ inches. Allow chest to come all the way up each time.	Push hard and fast, about one-third total depth of chest – around 2 inches for children and at least 2 inches for adults. Allow chest to come all the way up each time.
Hands	Use 2 thumbs (using encircling technique) or heel of 1 hand on breastbone, just below nipple line.	For small children, use heel of 1 hand on the breastbone between the nipples. For larger children and adults, use 2 hands stacked on top of each other. You can always use 2 hands if 1 hand seems difficult.

C-A-B CPR guidelines

	Baby	
C Compressions	 <p>OR</p>	<ul style="list-style-type: none">• Use 2 thumbs (using encircling technique) or heel of 1 hand on breastbone, just below nipple line.• Push hard and fast – at least 100 times per minute. Count out loud.• Allow chest to come all the way up each time.
A Airway		<ul style="list-style-type: none">• Put 1 hand on the baby's forehead. With your other hand, put 2 fingers under the baby's chin and gently tilt the head upward.• Avoid tilting the head too far back.
B Breathing		<ul style="list-style-type: none">• Do 30 compressions and then give 2 breaths.• Cover the baby's nose and mouth with your mouth.• Each breath should be just enough to make the chest rise and should last only 1 second.• Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the baby shows signs of life.• If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Child and adult



- For small children, use heel of 1 hand on breastbone between the nipples.
- For larger children and adults, use 2 hands.
- Push hard and fast – at least **100 times per minute**. Count out loud.
- Allow chest to come all the way up each time.



- Open the airway by lifting the chin and tilting the head back.
- Put your hand on the chin – not on the throat or airway.



- Do **30 compressions** and then give **2 breaths**.
- Cover the child or adult's mouth with your mouth while you pinch the nose closed with your fingers.
- Each breath should be just enough to make the chest rise and should last only 1 second.
- Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the person shows signs of life.
- If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Hands-only CPR

A compression-only method of CPR called hands-only CPR may be used by lay rescuers for adults who suddenly collapse. In hands-only CPR:

- Tell someone to call 911 and get an AED (if another person is nearby).
- If alone, go call 911 first if your phone is not with you. If your phone is with you, put it on speaker, call 911 and begin hands-only CPR.
- It is very important to make sure everyone follows the AED's instructions when it says not to touch the person.
- Begin chest compressions and keep doing them nonstop until help arrives and takes over.
- If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Hands-only CPR is not advised when CPR is needed for oxygen-related reasons. This includes drowning, choking, allergic reactions, overdose of narcotics or sedatives (medicines), and breathing trouble that causes someone to pass out. **Because most babies and children need CPR for oxygen-related reasons, regular C-A-B CPR should be used.** Hands-only CPR should only be used for babies and children if the lay rescuer cannot give breaths.



What to do if a person begins choking

	Baby	Child and adult
Problem signs	<ul style="list-style-type: none"> • May be turning blue. • Cannot cough or scream. • Scared or agitated. • May be arched and rigid. 	<ul style="list-style-type: none"> • May be turning blue. • Cannot talk, cry, or make speech or cough sounds. • May grab throat.
What you should do	<ul style="list-style-type: none"> • Send someone to call 911 right away. If alone, act to rescue first. • With the baby in a face-down position and their head lower than their body, hit between the shoulder blades with the heel of your hand up to 5 times. Keep the baby between your arms and braced against your lap. • Turn the baby over, keeping the head lower than the body. Do up to 5 chest thrusts on the sternum (breastbone), just below the nipple line. • Do not try to reach into the mouth to grab object or do a blind finger sweep. • Repeat 5 back blows and 5 chest thrusts until baby is no longer choking or becomes unconscious (passes out). • Get medical care right away after a serious choking episode. 	<ul style="list-style-type: none"> • Send someone to call 911 right away. If alone, act to rescue first. • Hit between the shoulder blades with the heel of your hand 5 times (back blows). • If back blows do not help, do 5 abdominal thrusts. <ul style="list-style-type: none"> – Standing braced behind the person, place thumb side of your fist against their stomach, just above the belly button. – Grab your fist with your other hand. – Use both hands to thrust in an upward direction. • Do not try to reach into the mouth to grab object or do a blind finger sweep. • Repeat 5 back blows and 5 abdominal thrusts until the person is no longer choking or becomes unconscious (passes out). • Get medical care right away after a serious choking episode.
If the person passes out	<p>All ages:</p> <ul style="list-style-type: none"> • Tell someone to call 911 if you have not already done so. • Begin CPR. Look inside the person's mouth before blowing into it to see if object can be removed. • Call 911 after 5 cycles of CPR if you are alone and there is no one called earlier. 	



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This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.

In case of an urgent concern or emergency, call 911 or go to the emergency department right away.



Children's Healthcare of Atlanta Nondiscrimination Statement

Discrimination is against the law. Children's complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Children's does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Children's Healthcare of Atlanta:

Provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as:

- Qualified sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats).

Provides free language assistance services to people whose primary language is not English, including:

- Qualified interpreters.
- Information written in other languages.

If you need any of these services, contact Children's Civil Rights Coordinator at **404-785-4545**.

If you believe that Children's has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Children's Civil Rights Coordinator

1575 Northeast Expressway NE

Atlanta, GA 30329

404-785-4545

section1557coordinator@choa.org

If you need help filing a grievance, Children's Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights electronically through the Office for Civil Rights complaint portal, available at **ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Ave. SW

Room 509F, HHH Building

Washington, DC 20201

800-368-1019

800-537-7697 (TDD)

Complaint forms are available at:

<http://www.hhs.gov/ocr/office/file/index.html>

This notice is available at **choa.org**.

Language Assistance Services and Auxiliary Aid Services

English

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 404-785-4545 or speak to your provider.

Spanish

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 404-785-4545 o hable con su proveedor.

Vietnamese

LƯU Ý: Nếu quý vị nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các dịch vụ và phương tiện hỗ trợ phù hợp để cung cấp thông tin theo các định dạng dễ sử dụng cũng được cung cấp miễn phí. Vui lòng gọi theo số 404-785-4545 hoặc trao đổi với người cung cấp dịch vụ của quý vị.

Korean

주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 방식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다. 404-785-4545 번으로 전화하거나 서비스 제공업체에 문의하십시오.

Chinese

注意: 如果您说[中文], 我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务, 以无障碍格式提供信息。请致电 404-785-4545 或咨询您的服务提供商。

Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. સુલભ ફોર્મેટમાં માહિતી પૂરી પાડવા માટે યોગ્ય સહાયક સાધનો અને સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 404-785-4545 પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.

Language Assistance Services and Auxiliary Aid Services

French

ATTENTION : Si vous parlez français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et des services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 404-785-4545 ou parlez à votre fournisseur de services.

Amharic

ማሳሰቢያ፡- አማርኛ የሚናገሩ ከሆነ፣ የቋንቋ ድጋፍ አገልግሎት በነፃ ይቀርብልዎታል። ማረጃን በተደራሽ ቅርጸት ለማቅረብ ተገቢ የሆኑ ተጨማሪ እገዛዎች እና አገልግሎቶች እንዲሁ በነፃ ይገኛሉ። በስልክ ቁጥር 404-785-4545 ይደውሉ ወይም አገልግሎት አቅራቢዎን ያናግሩ።

Hindi

ध्यान दें: यदि आप हिंदी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवाएँ उपलब्ध हैं। सुलभ प्रारूपों में जानकारी प्रदान करने के लिए उपयुक्त सहायक साधन और सेवाएँ भी निःशुल्क उपलब्ध हैं। 404-785-4545 पर कॉल करें या अपने प्रदाता से बात करें।

Haitian

ATANSYON: Si'w pale Kreyòl, sèvis assistans lang ou disponib pou ou gratis. Èd ak sèvis oksilyè apwopriye pou bay enfòmasyon nan fòm akse sib yo disponib gratis tou. Rele nan 404-785-4545 oswa pale avèk founisè ou.

Russian

ВНИМАНИЕ: Если вы говорите на русском, вам предоставляются бесплатные услуги языковой поддержки. Также бесплатно предоставляются соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах. Позвоните по телефону 404-785-4545 или обратитесь к своему поставщику услуг.

Arabic

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 404-785-4545 أو تحدث إلى مقدم الخدمة.

Language Assistance Services and Auxiliary Aid Services

Brazilian Portuguese

ATENÇÃO: Se você fala português do Brasil, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares, apropriados para fornecer informações em formatos acessíveis, também estão disponíveis gratuitamente. Ligue para 404-785-4545 ou fale com o seu provedor.

Telugu

గమనించండి: మీరు తెలుగు మాట్లాడితే, మీకు ఉచిత భాషా సహాయ సేవలు అందుబాటులో ఉంటాయి. యాక్సెస్ చేయగల ఫార్మాట్లలో సమాచారాన్ని అందించడానికి తగిన సహాయక చర్యలు మరియు సేవలు కూడా ఉచితంగా అందుబాటులో ఉంటాయి. 404-785-4545 కి కాల్ చేయండి లేదా మీ ప్రొవైడర్‌తో మాట్లాడండి.

German

ACHTUNG: Sie haben Anspruch auf kostenlose Sprachdienste, wenn Sie Englisch sprechen können. Kostenlose Dienstleistungen und Hilfsmittel, die geeignet sind, Informationen in zugänglicher Form zu vermitteln, werden ebenfalls angeboten. Sprechen Sie mit Ihrem Anbieter oder rufen Sie die Nummer 404-785-4545 an.

Tamil

கவனிக்க: நீங்கள் ஆங்கிலம் பேசுபவராக இருப்பின், இலவச மொழி உதவி சேவைகள் உங்களுக்கு வழங்கப்படும். எளிதில் அணுகக்கூடிய வகையில் தகவல்களை வழங்குவதற்கான பொருத்தமான துணை உதவிகளும் சேவைகளும் இலவசமாகக் கிடைக்கின்றன. இந்த சேவையை பெற 404-785-4545 என்ற எண்ணிற்கு அழைக்கவும் அல்லது உங்கள் வழங்குநரிடம் கலந்துரையாடவும்.