

# Cardiopulmonary resuscitation (CPR)



Tap and shake the person to see if they respond. If they do not respond:

- Tell someone to call 911 and get an AED (if another person is nearby). Then, begin CPR using the C-A-B guidelines below.
- Call 911 before starting CPR if you are alone with an adult. Or call while you are doing CPR if you have a cell phone and put it on speaker.
- If you are alone with a baby or child, do 5 sets of 30 compressions and 2 breaths first before leaving to call 911. You can call sooner and while doing CPR if you have a cell phone with you at the time.

**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 help arrives and they tell you to stop or until the person shows signs of life, such as coughing, moving or breathing. If someone brings an AED before 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.

|  | <b>BABY</b>  | <b>CHILD AND ADULT</b>   |
|--|--|--|
| <b>Age</b>   | Birth to 1 year  | Child – 1 year to puberty<br>Adult – anyone past puberty   |
| <b>Chest compressions</b>                                  | 100 to 120 per minute  | 100 to 120 per minute  |
| <b>Number of chest compressions and breaths</b>            | 30 compressions and 2 breaths (each cycle)   | 30 compressions and 2 breaths (each cycle)   |
| <b>Chest compression depth (must be on a hard surface)</b> | <ul style="list-style-type: none"> <li>• Push hard and fast (about 1/3 total depth of chest), around 1 ½ inches.</li> <li>• Allow chest to come all the way up each time.</li> </ul> | <ul style="list-style-type: none"> <li>• Push hard and fast (about 1/3 total depth of chest), around 2 inches for children and at least 2 inches for adults.</li> <li>• Allow chest to come all the way up each time.</li> </ul>   |
| <b>Hands</b>   | <ul style="list-style-type: none"> <li>• Use 2 thumbs (using encircling technique) or heel of 1 hand on breastbone, just below the nipple line.</li> </ul>                           | <ul style="list-style-type: none"> <li>• For small children, use heel of 1 hand on the breastbone between the nipples.</li> <li>• 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.</li> </ul> |





**In case of an urgent concern or emergency, call 911.**

# Cardiopulmonary resuscitation (CPR), continued

|                                 | BABY   | CHILD AND ADULT   |
|---------------------------------|--|---|
| <b>C</b><br><b>Compressions</b> |  <p style="text-align: center;"><u>Or</u></p>  <ul style="list-style-type: none"><li>• Use 2 thumbs (using encircling technique) or heel of 1 hand on breastbone, just below the nipple line.</li><li>• Push hard and fast – at least 100 times per minute. Count out loud.</li><li>• Allow chest to come all the way up each time.</li></ul> |  <ul style="list-style-type: none"><li>• For small children, use heel of 1 hand on breastbone between the nipples. For larger children and adults, use 2 hands.</li><li>• Push hard and fast – at least 100 times per minute. Count out loud.</li><li>• Allow chest to come all the way up each time.</li></ul> |

In case of an urgent concern or emergency, call 911.

# Cardiopulmonary resuscitation (CPR), continued

|                              | BABY  | CHILD AND ADULT   |
|------------------------------|---|---|
| <b>A</b><br><b>Airway</b>    |  <ul style="list-style-type: none"><li>• Put 1 hand on the baby’s forehead.</li><li>• With your other hand, put 2 fingers under the baby’s chin and gently tilt the head upward.</li><li>• Avoid tilting the head too far back.</li></ul> |  <ul style="list-style-type: none"><li>• Open the airway by lifting the chin and tilting the head back.</li><li>• Put your hand on the chin – not on the throat or airway.</li></ul> |
| <b>B</b><br><b>Breathing</b> |    |   |

In case of an urgent concern or emergency, call 911.

## Cardiopulmonary resuscitation (CPR), continued

|  | BABY   | CHILD AND ADULT   |
|--|--|---|
|  | <ul style="list-style-type: none"> <li>• Do 30 compressions and then give 2 breaths.</li> <li>• Cover the baby’s nose and mouth with your mouth.</li> <li>• Each breath should be just enough to make the chest rise and should last only 1 second.</li> <li>• Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the baby shows signs of life.</li> <li>• If someone brings an AED before help arrives, open it, turn it on and follow the prompts.</li> </ul> | <ul style="list-style-type: none"> <li>• Do 30 compressions and then give 2 breaths.</li> <li>• Cover the child or adult’s mouth with your mouth while you pinch the nose closed with your fingers.</li> <li>• Each breath should be just enough to make the chest rise and should last only 1 second.</li> <li>• Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the person shows signs of life.</li> <li>• If someone brings an AED before help arrives, open it, turn it on and follow the prompts.</li> </ul> |

### 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 non-stop 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.

**In case of an urgent concern or emergency, call 911.**