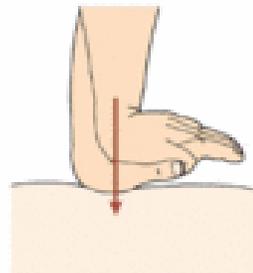
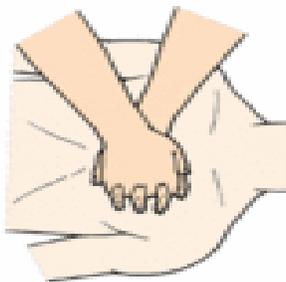


### Cardiopulmonary Resuscitation (CPR):

When a person's heart suddenly stops beating, their chance of survival is dependant on three quick actions. These life saving interventions are: Dialing 911, chest compressions, and if available, applying an AED (automatic external defibrillator).

### Circulation (chest compressions):

1. If the person is unresponsive (not moving or not responding to your words) dial 911.
2. Ask another person to look for an AED.
3. Place the victim on his back on the floor.
4. Kneel at one side of the victim's chest
5. Place the heel of one hand on the center of the breastbone right between the nipples. Place your other hand on top of your first hand.
6. Push straight down on the breastbone, depressing it at least 2 inches. Release pressure completely, without taking your hands off the chest. It is a rocking up and down movement. Do this at least 100 times a minute.
7. Continue CPR until someone brings an AED, EMS arrives, or another person can take over for you.





**Using the AED:** Once the AED arrives, stop your chest compressions and turn the machine on. It is as simple as that!

1. Follow the verbal prompts from the machine. It will provide you with three easy steps to apply the pads and defibrillate the victim, if appropriate.

Seeing an adult collapse or finding someone unresponsive is a scary experience. Don't be afraid. Your actions can only help the person's chance of survival. Next time you are in an office building, mall, airport, etc. take a look around. See if you can find an AED sign. They look like this:



To watch a short video on hands only CPR, go to [www.handsonlycpr.org](http://www.handsonlycpr.org)

### **CPR for Infants and Children:**

In infants and children, the most common cause of a cardiac arrest (no heart beat) is related to a precipitating respiratory issue. However, if you see the child suddenly collapse, then the first thing you want to do is to activate 911 and get an AED, otherwise follow the steps below:

### **Circulation (Chest Compressions):**

Try to wake the child by shaking the child's shoulders or tapping the infants' foot. If the child does not move, have someone dial 911 immediately. If you are alone, then you will want to perform two minutes of CPR *before* dialing 911.

### **Chest Compressions for the Child:**

Place one hand on the breastbone between the nipples. Push straight down about two inches and allow the chest to come all the way back up. Do this



for thirty compressions. If you find that you are having difficulty using just one hand, you can use both hands like in adult CPR.

#### **Chest Compressions for the Infant:**

Place two fingers on the baby's breastbone between the nipples. Push straight down about an inch and a half and allow the chest to come all the way back up. Do this for thirty compressions.



#### **Airway:**

After you have completed your thirty compressions, it is time to open the airway. Place one hand on the forehead and the fingers of the other hand under the chin and tilt the head back. Take care not to tilt the infant's head back too far, as this may actually close the airway.

**Tilt Head, Lift Chin**



#### **Breathing:**

After you have opened the airway, it is time to deliver two breaths.



**Child:** Cover the child's mouth with your mouth and pinch the nose closed with your fingers. Gently blow into the mouth until you see the chest rise. Let the air escape and give one more breath.



**Infant:** Cover the baby's entire mouth and nose with your mouth and gently blow until you see the chest rise. Let the air escape and give one more breath.



At this time, if you are alone, you should go dial 911 and begin the process again, starting with chest compressions. If someone has already dialed 911, continue with thirty compressions followed by two breaths cycle until help or an AED arrives.

Thank you for taking the time to learn CPR. You are joining a community of lifesavers.