

ARTIFICIAL RESPIRATION/ BASIC CARDIAC LIFE SUPPORT

Part A: Airway and Respiration

1. Establish unresponsiveness by tapping the victim's shoulder and shouting, "Are you all right?"
2. Shout for help. If no one responds, activate the emergency response system, get an automatic external defibrillator (AED), if available, and return to the victim.
3. Roll the casualty as a unit onto his/her back.
4. Open the airway using the head-tilt/chin-lift method.

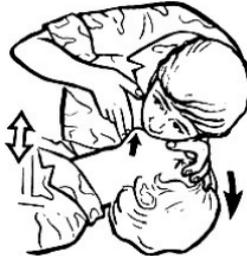


5. **LOOK, LISTEN,** and **FEEL** for breathing for 5 to 10 seconds.

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6. If the casualty is breathing, keep the airway open. Monitor the casualty.
7. If the casualty is **NOT** breathing, give 2 full breaths.



- a. If the airway is blocked, reposition the head and ventilate again.
- b. If the airway is still blocked, clear the airway in accordance with foreign body airway obstruction (FBAO) management procedures.
- c. Ventilate after the airway is open by giving 2 full breaths.

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8. For an adult or child, check for a pulse at the neck. For an infant, check for a pulse at the inside upper arm.



- a. If the pulse is present, continue rescue breathing.
 - (1) Give an adult 1 breath every 5 to 6 seconds (12 breaths per minute).
 - (2) Give a child 1 breath every 3 seconds (20 breaths per minute).
 - (3) Give an infant 1 breath every 3 seconds (20 breaths per minute).
- b. If there is no pulse, **begin cardiopulmonary resuscitation (CPR).**

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Part B: CPR

1. Begin **ADULT** CPR (puberty and up).

a. Put the heel of one hand on the center of the victim's bare chest between the nipples (see X).



b. Put the heel of your other hand on top of the first hand.

c. Straighten your arms and position your shoulders directly over your hands.

d. Push hard and fast. Press down 1½ to 2 inches with each compression, making sure you press down on the victim's breastbone.

e. Give compressions at a rate of 100 per minute. Allow the chest to recoil completely after each compression.

f. After 30 compressions, give 2 breaths.

Give cycles of 30 compressions to 2 breaths (30:2 ratio).

g. Recheck pulse every two minutes (for 5-10 seconds).

h. Continue until advanced life support personnel arrive.



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2. Begin CPR for **CHILDREN** (1 year of age to puberty).

a. Press down 1/3 to 1/2 inches with each compression. Give cycles of 30 compressions and 2 breaths (30:2 ratio). For very small children, you may use **one hand**.

b. Push hard and fast (rate of 100 per minute) and release completely. Minimize interruptions in compressions.

c. Check for a pulse every few minutes (for 5-10 seconds).

d. Continue until advanced life support personnel arrive.

3. Begin **INFANT** CPR (1 year or under).

a. Place the infant on a firm, flat surface. Move or remove clothing from the infant.

b. Draw an imaginary line between the nipples and place **two fingers** on the breast bone just **below** this line.

c. Compress the breastbone **1/3 to 1/2** the anterior-posterior diameter of the chest.

d. Give cycles of 30 compressions (rate of 100 per minute) and 2 breaths.

e. Check pulse every few minutes (for 5-10 seconds).

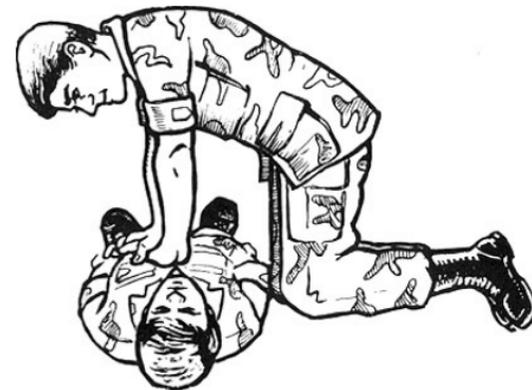
f. Continue until advanced life support personnel arrive.



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