

Review for CPR PRO Challenge

(Adult/Child/Infant & AED)

ADULT CHAIN OF SURVIVAL (puberty +)

Describes the most effective approach for treating sudden cardiac arrest:

1. Immediate recognition and activation of EMS quickly initiates the treatment process;
2. Early CPR with effective chest compressions buys time for accessing an AED and improves the chance that defibrillation will work;
3. Rapid defibrillation provides the best chance to return the heart to a normal rhythm;
4. Effective advanced life support procedures and medications used by health professionals help sustain the chance for recovery and survival;
5. Integrated post-cardiac arrest care increases the likelihood of long-term survival.

CHILD/INFANT CHAIN OF SURVIVAL

The Chain of Survival for Children includes the following links:

1. Effective prevention of the typical causes for airway and breathing emergencies;
2. Early CPR and defibrillation with an AED to reverse the effects of a weakened heart;
3. Prompt activation of EMS to quickly get professional care;
4. Rapid pediatric advanced life support procedures and medications used by healthcare professionals to help sustain the chance for recovery and survival;
5. Integrated post-cardiac arrest care increases the likelihood of long-term survival.



July 2015

ADULT CPR SKILLS REVIEW

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's shoulders, ask "are you OK?")
 - If unresponsive activate EMS
 - If normal breathing then put in recovery position
 - If not normal breathing
 - Check carotid for pulse:
 - If pulse, then provide 1 rescue breath every 5 seconds
 - If no pulse:
 - With 2 hands, 30 compressions, at least 2 inches, at rate of 100 per minute
 - Open airway with either the head-tilt-chin-lift or jaw thrust technique, pinch victim's nose, provide 2 breaths, enough to make chest rise
 - Repeat cycle, take no longer than 10 seconds to reassess carotid pulse about every 2 minutes
 - Use AED as soon as possible.
 - If AED says no shock, start compressions and follow instructions

CHILD CPR SKILLS REVIEW

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's shoulders; ask "are you OK?")
- If unresponsive activate EMS if with someone, or after 5 cycles or 2 minutes if alone
 - If normal breathing then put in recovery position
 - If not normal breathing
 - Check carotid for pulse:
 - If pulse, then provide 1 rescue breath every 3 seconds
 - If no pulse:



Know CPR

.com

July 2015

- With 1 hands, 30 compressions, at least 2 inches or 1/3 the body's depth, at rate of 100 per minute (15 compressions to 2 breaths when more than one provider available)
- Open airway with either the head-tilt-chin-lift or jaw thrust technique, pinch victim's nose, provide 2 breaths, enough to make chest rise
- Repeat cycle, take no longer than 10 seconds to reassess carotid pulse about every 2 minutes
- Use AED as soon as possible.
- If AED says no shock, start compressions and follow instructions

INFANT CPR SKILLS REVIEW

Primary Assessment

- Check for safety
- Check responsiveness (Tap victim's feet; ask "are you OK?")
- If unresponsive activate EMS if with someone, or after 5 cycles or 2 minutes if alone
 - If normal breathing then put in recovery position
 - If not normal breathing
 - Check brachial for pulse:
 - If pulse, then provide 1 rescue breath every 3 seconds
 - If no pulse:
 - With 2 fingers, 30 compressions, at least 1 1/2 inches or 1/3 the body's depth, at rate of 100 per minute (With two or more providers, provide 15 compressions to 2 breaths by compressing the breastbone using two thumbs with your fingers encircling the chest)
 - Open airway with either the head-tilt-chin-lift or jaw thrust technique, place mouth over victim's nose and mouth, provide 2 breaths, enough to make chest rise



Know CPR

.com

July 2015

- Repeat cycle, take no longer than 10 seconds to reassess carotid pulse about every 2 minutes
- Use AED as soon as possible.
- If AED says no shock, start compressions and follow instructions

For additional information or to schedule a CPR or First Aid class contact Know CPR at 703-528-7045, email us at Info@KnowCPR.com, or visit our web site www.KnowCPR.com