

Review for Community CPR Challenge

(Adult/Child/Infant & AED)

ADULT CHAIN OF SURVIVAL (ages 8+, or 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 buy 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.

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
 - **With 2 hands**, 30 compressions, at least **2 inches**, at rate of 100 per minute
 - Tilt head, pinch nose, provide 2 breaths, enough to make chest rise
 - Repeat cycle
 - 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, after 5 cycles or 2 minutes if alone
 - If normal breathing then put in recovery position
 - If not normal breathing
 - **With 1 hand**, 30 compressions, at least 1/3 the depth of body, or about **2 inches**, at rate of 100 per minute
 - Tilt head, pinch nose, provide 2 breaths, enough to make chest rise
 - Repeat cycle
 - Use AED as soon as possible.



December 2015

- 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, after 5 cycles or 2 minutes if alone.
 - If not normal breathing
 - **With 2 fingers**, 30 compressions, at least 1/3 the depth of body, or about 1 ½ inches, at rate of 100 per minute
 - Tilt head, seal mouth over nose and mouth, provide 2 breaths, enough to make chest rise
 - Repeat cycle
 - 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