

# **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.



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- 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 some, 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](mailto:Info@KnowCPR.com), or visit our web site [www.KnowCPR.com](http://www.KnowCPR.com)*