

July 2015

# 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 buys time for accessing an AED and improved 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, 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 some, 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, 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

## 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 1/2 inches, at rate of 100 per minute
- Tilt head, 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)*