

Heartsaver CPR Review Sheet



American
Heart
Association

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CENTER

CPR Skills for Adults

- Look around to see if it is safe to approach
- Tap the victim's shoulder and shout "Are you okay?"
- If the victim doesn't respond, have someone call 911 and get an AED.
- Check for breathing for 5-10 seconds by looking at their chest.
- If no breathing, start with 30 chest compressions on the lower half of the breastbone.
- The rate should be at least 100 compressions per minute, pushing down at least 2 inches.
- Open the airway and give 2 breaths using a pocket mask.
- Continue sets of 30 compressions and 2 breaths until help arrives to take over, the AED arrives, or you are too tired to continue.

CPR Skills for Child

- Make sure the scene is safe to approach
- Tap the child's shoulder and shout "Are you okay?"
- If the child doesn't respond, have someone call 911 and get an AED.
- Check for breathing for 5-10 seconds by looking at their chest.
- If no breathing, begin 30 chest compressions on the lower half of the breastbone with one or two hands.
- The rate should be at least 100 compressions per minute, pushing down approx. 2 inches.
- Open the airway and give 2 breaths using a pocket mask.
- Continue sets of 30 compressions and 2 breaths until help arrives to take over, the AED arrives, or you are too tired to continue.

Infant BLS CPR certification

- Make sure the scene is safe to approach
- Tap the baby's feet and shout "Are you okay?"
- If the infant doesn't respond, have someone call 911 and get an AED.
- If no breathing, begin CPR. Start with 30 chest compressions using 2 fingers on the chest, just below the nipple line.
- The rate should be at least 100 compressions per minute, pushing down about 1 1/2 inches.
- Open the airway and give 2 breaths using a pocket mask.
- Continue sets of 30 compressions and 2 breaths until help arrives to take over, the AED arrives, or you are too tired to continue.

- **Child/Infant unwitnessed unresponsiveness:** If a lone rescuer finds an unresponsive child or infant who is not breathing, or only gasping, the rescuer should perform 5 cycles (about 2 min) of CPR before leaving them to activate EMS. (Many infants and children are thought to develop respiratory arrest before they develop cardiac arrest. If such children receive prompt CPR before development of cardiac arrest, they have a high survival rate. If the rescuer leaves a child with respiratory arrest to phone EMS, the child may progress to cardiac arrest, and the chance of survival will be much lower.)

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