



CPR ALASKA, LLC www.alaskacprtraining.com (907) 406-3834

STEP 1:

Survey the Scene:

Make sure the scene is safe for you and the victim.

DO NOT BECOME ANOTHER VICTIM



STEP 2:

Check for Responsiveness:

Tap the victim on the shoulder & shout, "ARE YOU OKAY?" Infants: Pinch or Tickle. **DO NOT** hit or shake an infant.

CALL 911, get an AED and then check for a pulse & breathing.

STEP 3: PULSE & BREATHING CHECK

Adults & Children:

- Find the center of the neck and slide fingers into the groove on the side closest to you.
- Check for the pulse using the carotid artery for at least 5 seconds, but no more than 10 seconds
- While checking for pulse, watch for breathing, movement, or any other signs of circulation.

Infants 1 year or younger:

- Place two fingers on the inside of the upper arm between the elbow and the underarm.
- Check for the pulse using the brachial artery for at least 5 seconds, but no more than 10 seconds.
- While checking for pulse, watch for breathing, movement, or any other signs of circulation.



START RESCUE BREATHING (OTHER SIDE)



NO PULSE

COMPRESSIONS: *Remove any clothes that are in the way of performing CPR or use of an AED*

Adults: Puberty & Older

- 1. Place the heel of one hand on the center of the chest (the lower half of sternum).
- 2. Place the other hand on the top and interlock your fingers.
- 3. Compress straight down
- 2-2.4 inches 30 times, at a rate of 100-120 times per minute.
- 4. Allow the chest to fully recoil between every compression.



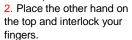


Child: 1 year - Puberty

- 1. Place the heel of one hand on the center of the chest (the lower half of sternum).
- 2. Place the other hand on the top and interlock your fingers.
- 3. Compress straight down at least 1/3 the depth of the chest (about 2 inches) 1.5-2 inches 30 times, at a rate of 100-120 times per minute.



Place the heel of one hand on the center of the chest (the lower half of sternum).



Infant: 1 year or younger

3. Compress straight down at least 1/3 the depth of the chest (1-1.5 inches) 30 times, at a rate of 100-120 times per minute.



NEXT

A

AIRWAY



Do a head-tilt/chin-lift.

(Place one hand on the forehead and two fingers on the bony part of the chin) Smaller victims: Tilt the head less.

If spinal injury is suspected use the Jaw Thrust.

(Place hands on the sides of the jaw and pull forward and upward)

NEXT

B

BREATHING



For adults and children: Pinch the nostrils closed and give 2 breaths so the chest rises.

For Infants: Seal your mouth around their nose and mouth. Give 2 small breaths.

If breath did not go in, Re-tilt the head and retry breath. If breaths still don't go in, resume compressions (after compressions, check the mouth for obstruction, before resuming breaths.





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Rescue Breathing

Adults (Puberty & Older):

Maintain an open airway using the head-tilt/chin lift.

Pinch nostrils closed.

Give 1 breath every 6 seconds.

Re-check for pulse every 2 minutes.



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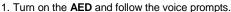
Give 1 breath every 6 seconds.

Re-check for pulse every 2 minutes.

No signs of Circulation go to box C | Signs of Circulation but not breathing continue Rescue Breathing

AED





- 2. Remove the victim's shirt.
- 3. Make sure the victims chest is dry.
- 4. Remove any medical patches.
- 5. Remove any extra hair (if pads do not stick).
- 6. Remove the defibrillation pads from their packaging.
- Look at the images to be sure where to apply the pads on the victim.
- 8. Place pads on the victim's bare chest.



9. Make sure no one is touching the victim.

- Allow the AED to analyze. If shock is advised the AED will charge itself.
- 11. Say "Clear" and confirm that no one is touch the victim.
- 12. Push the shock button if the AED advises.
- If NO Shock Advised and the AED advises, immediately resume compressions.
- If shock advised, after shock immediately resume compressions.
- 15. The AED will prompt you to stop CPR every 2 minutes to reanalyze the heart.

Conscious Choking for Adults & Children



- 1. Ask the victim, "Are you choking?"
- 2. If unable to make any noise send someone to call 911
- 3. Ask the victim, "May I help you?"
- 4. If the victim agrees, take a wide stance behind them.
- 5. Place one finger on the belly button.
- With the other hand, make a fist and place slightly over the finger on the belly button.



- 7. Take your other hand and place it over your fist.
- 8. Thrust in and up (Each thrust is a separate attempt to get the object out)
- 9. Repeat until object is dislodged.

If the victim becomes unconscious, lay them on a hard surface and begin the steps of CPR (After compressions, check victims mouth before rescue breaths)

Conscious Choking for Infants



- 1. Place your hand on infants jawbone
- 2. Be careful to support the head
- 3. Position the infant on your forearm.
- 4. Ensure that the infants head is lower than its chest.
- 5. Using the heel of your hand, hit the infant 5 times between the shoulder blades.



- 6. Place your palm on the infants skull and sandwich the victim between your forearms.
- 7. Roll the victim onto your other forearm.
- 8. Place two fingers on the breastbone and slightly below an imaginary line between the nipples.
- 9. Compress straight down 1/3 depth of the chest (approximately 1 ½ inches) 5 times.
- 10. Repeat until the object is dislodged.

If the victim becomes unconscious, lay them on a hard surface and begin the steps of CPR (After compressions, check victims mouth before rescue breaths)