

CPR TODAY

...because emergencies are not planned



Summary of CPR and AED for Adults, Children, and Infants

Action	Adult & Older Child (has gone through or is going through puberty)	Child (1 to puberty)	Infant (less than 1 year old)
Check for response	Tap and shout		
Phone your emergency response number (or 911)	Phone your emergency response number (or 911) as soon as you find that the person does not respond	Phone your emergency response number (or 911) after giving 5 sets of 30 compressions and 2 breaths (if you are alone)	
<ul style="list-style-type: none"> Give compressions 			
<ul style="list-style-type: none"> Compression location 	Lower half of the breastbone		Just below the nipple line
<ul style="list-style-type: none"> Compression method 	2 hands	1 or 2 hands	2 fingers
<ul style="list-style-type: none"> Compression depth 	At least 2 inches	About 2 inches	About 1 ½ inches
<ul style="list-style-type: none"> Compression rate 	At least 100 a minute		
<ul style="list-style-type: none"> Sets of compressions and breaths 	30 compressions / 2 breaths		
<ul style="list-style-type: none"> Open airway (Use a head tilt-chin lift) 	Head tilt-chin lift		Head tilt-chin lift (do not tilt the head back too far)
<ul style="list-style-type: none"> Check breathing 	Look for only gasping or no breathing (take at least 5 seconds but no more than 10 seconds)		
<ul style="list-style-type: none"> Start CPR 	Give sets of 30 compressions and 2 breaths (1 second each)		
AED			
<ul style="list-style-type: none"> Press the "ON" button or open the lid 	Use the AED as soon as it arrives		
<ul style="list-style-type: none"> Attach pads to the persons bare chest 	Use adult pads	Use child pads/key/switch if child is between 1 and 8 years old or adult pads if child is 8 or older	
<ul style="list-style-type: none"> Follow the AED prompts 			