

Cardio Pulmonary Resuscitation

CPR

Please, do not fall for any myths concerning the safety of performing CPR. One of the top myths is that if CPR is done incorrectly, it can harm the patient. *Truth:* When a patient is in cardiac arrest, he or she is already in a deadly circumstance. Without quick care, the patient will die because of a lack of oxygenation to the vital organs, including the brain. Any quality of CPR, even CPR that is not performed with the correct number of compressions per minute, can help the patient. While high-quality CPR is the best, you shouldn't avoid performing CPR on a person simply because you don't know exactly what to do. Plus, when you call 911, the emergency dispatcher will walk you through the correct steps.

Many of you are probably aware of the unfortunate incident involving NFL football player Damar Hamlin, who went into cardiac arrest while on the field. Fortunately, cardiopulmonary resuscitation was performed immediately. Mr. Hamlin is now recovered, and his doctors expect him to once again return to playing professional football.

So, this brings up the importance of knowing CPR. There are more than 356,000 people who suffer cardiac arrest every year in the U.S. Remember, it could be your spouse, another family member, or even your child. Prompt attention to reviving the victim is

critical. Medical professionals say initiation of CPR within four (4) seconds is ideal. Let us cover the steps for performing CPR.



CPR Steps

[Cardiopulmonary resuscitation \(CPR\)](#) can help save a life during a cardiac or breathing emergency. However, even after training, remembering the CPR steps and administering them correctly can be a challenge. In order to help you help someone in need, we've created this simple step-by-step guide that you can print up and place on your refrigerator, in your car, in your bag or at your desk.

Giving CPR

1

CHECK the scene for safety, form an initial impression, and use personal protective equipment (PPE).

2

If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout.

3

If the person does not respond and is not breathing or only gasping, **CALL 9-1-1** or tell someone to.

4

Place the person on their back on a firm, flat surface.

5

Give 30 chest compressions.

- Hand position: Two hands centered on the chest.
 - Body position: Shoulders directly over hands; elbows locked.
 - Depth: At least 2 inches.
 - Rate: 100 to 120 per minute.
 - Allow chest to return to normal position after each compression.
-

6

Give 2 breaths.

- Open the airway to a past-neutral position using the head-tilt/chin-lift technique.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath.

Note: If the 1st breath does not cause the chest to rise, re-tilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway.

7

Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

Some may be hesitant to perform breaths on another person. If you're using a CPR mask/rebreather valve, there's nothing to worry about. However, there is what's known as "Hands Only" CPR.

Hands-Only CPR

If you see a teen or adult suddenly collapse, hands-only CPR is the recommended form of [cardiopulmonary resuscitation \(CPR\)](#). It not only increases the likelihood of surviving breathing and cardiac emergencies that occur outside of medical settings, but it's also simple to learn and easy to remember. For a refresher anytime, you can print this page and keep it with your first-aid supplies.

Before Giving CPR

1

Check the scene and the person. Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, regular breathing.

2

Call 911 for assistance. If there's no response from the victim when asked if he or she is OK, call 911, or ask a bystander to call for help.

3

Begin compressions. If the person is unresponsive, perform hands-only CPR.

How to Perform Hands-Only CPR

1

Ensure the person is on their back on a firm, flat surface.

2

Kneel beside the person.

- Your knees should be near the person's body and spread about shoulder width apart.

3

Use correct hand placement.

- Place the heel of one hand in the center of their chest, with your other hand on top.
- Interlace your fingers and make sure they are up off the chest.

4

Use correct body position.

- Position your body so that your shoulders are directly over your hands.
- Lock your elbows to keep your arms straight.

5

Give continuous compressions.

- Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).
-

6

Allow chest to return to its normal position after each compression.

Child & Baby CPR

Although you hope you'll never use [cardiopulmonary resuscitation \(CPR\)](#) for a child or infant, it's essential to know the steps so that you can help in the event of a cardiac or breathing emergency. Although you may have taken a class in child CPR, it's a good idea to keep the steps handy to keep the information fresh in your memory. With our printable step-by-step guide, you can access the child and baby CPR steps anytime, anywhere. Print them out and place them in your car, desk, kitchen, or with your other first aid supplies. Then, review them periodically to help maintain your skills.

Before Giving Child or Baby CPR

1

Check the scene for safety, form an initial impression, obtain consent from the parent or guardian, and use personal protective equipment (PPE).

2

If the child or baby appears unresponsive, check the child or baby for responsiveness (shout-tap-shout).

- *For a child*, shout to get the child's attention, using the child's name if you know it. If the child does not respond, tap the child's shoulder and shout again while checking for breathing, life-threatening bleeding or another obvious life-threatening condition.
 - *For a baby*, shout to get the baby's attention, using the baby's name if you know it. If the baby does not respond, tap the bottom of the baby's foot and shout again while checking for breathing, life-threatening bleeding or another obvious life-threatening condition.
 - Check for no more than 10 seconds.
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3

If the child or baby does not respond and is not breathing or only gasping, CALL 9-1-1 or tell someone to do so.

Performing Child & Baby CPR

1

Place the child or baby on their back on a firm, flat surface.

- *For a child*, kneel beside the child.
 - *For a baby*, stand or kneel to the side of the baby, with your hips at a slight angle.
-

2

Give 30 compressions.

- *For a child*, place the heel of one hand in the center of the child's chest, with your other hand on top and your fingers interlaced and off the child's chest.
 - Position your shoulders directly over your hands and lock your elbows.
 - Keep your arms straight.
 - Push down hard and fast about 2 inches at a rate of 100 to 120 per minute.
 - Allow the chest to return to its normal position after each compression.
- *For a small child*, use a one-handed CPR technique.
 - Place the heel of one hand in the center of the child's chest.
 - Push down hard and fast about 2 inches at a rate of 100 to 120 per minute.
- *For a baby*, place both thumbs (side-by-side) on the center of the baby's chest, just below the nipple line.
 - Use the other fingers to encircle the baby's chest toward the back, providing support.
 - Using both thumbs at the same time, push hard down and fast about 1 ½ inches at a rate of 100 to 120 per minute.
 - Allow the chest to return to its normal position after each compression.
- *Alternatively, for a baby*, use the two-finger technique.
 - Use two fingers placed parallel to the chest in the center of the chest.

- *For a baby*, if you can't reach the depth of 1 ½ inches, consider using the one-hand technique.
-

3

Give 2 breaths.

- *For a child*, open the airway to a slightly past-neutral position using the head-tilt/chin-lift technique.
 - *For a baby*, open the airway to a neutral position using the head-tilt/chin-lift technique.
 - Blow into the child's or baby's mouth for about 1 second.
 - Ensure each breath makes the chest rise.
 - Allow the air to exit before giving the next breath.
 - If the first breath does not cause the chest to rise, tilt the head and ensure a proper seal before giving the second breath. If the second breath does not make the chest rise, an object may be blocking the airway.
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4

Continue giving sets of 30 chest compressions and 2 breaths until:

- You notice an obvious sign of life.
- An AED is ready to use.
- Another trained responder is available to take over compressions.
- EMS personnel arrive and begin their care.

- You are alone and too tired to continue.
 - The scene becomes unsafe.
 - You have performed approximately 2 minutes of CPR (5 sets of 30:2), you are alone and caring for the baby, and you need to call 9-1-1.
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Be prepared for moments that matter by [taking a CPR class](#) and you could help save a life.

Please, do yourself and your loved ones a huge favor. If you do not already know how to perform cardiopulmonary resuscitation (CPR), make it a priority to learn it today.

Thank you.

Regards,

John