

# FOR YOUR HEALTH

Community Training Center

10411 Frederick Pike Vandalia, OH 45377



## Healthcare Provider CPR Review Sheet

	<b>ADULT</b>	<b>CHILD</b>	<b>INFANT</b>
	(Adolescent & Older)	(1 Year – Adolescent)	(Birth – 1 Year)
Have someone activate EMS. In all cases when someone is there.	If alone, call when found unresponsive. If choking collapse call after 5 cycles.	If alone call after performing 5 cycles of CPR. For sudden witnessed collapse, activate after verifying unresponsiveness.	
Airway	Head tilt- chin lift. Use a Jaw thrust if suspected trauma. Check for signs of breathing. (5-10 seconds)		
Breaths (initial)	2 effective breaths at 1 second per breath, just enough to make the chest rise.		
Rescue breathing	1 breath every 5 seconds – without chest compressions.	1 breath every 3 seconds – without chest compressions.	
Rescue breathing for CPR with advanced airway.	8 to 10 breaths per minute (approximately 1 breath every 6 to 8 seconds).		
Foreign-body airway obstruction.	Abdominal thrusts		Back slaps and chest thrusts.
Pulse check approx. 10 seconds	Carotid		Brachial
Compression landmarks	Center of chest, between nipples		Just below nipple line
Compression method. Push hard & fast allow for complete recoil	2 hands 1 heel on center of chest, other hand on top.	Same as adult, or heel of 1 hand on smaller child.	1 Rescuer – 2 fingers 2 Rescuer – 2 thumb-encircling hands.
Compression depth.	1 1/2 – 2 inches	One third to one half the depth of the chest.	
Compression rate.	Approximately 100 compressions per minute.		
Compression to ventilation ratio.	30:2	30:2 (single rescuer) 15:2 (2 rescuers)	
AED.	Use adult pads only. Do not use child pads. May provide 5 cycles / 2 minutes of CPR before shock if response is less than 5 minutes & arrest not witnessed.	Use AED as soon as available for sudden collapse and in hospital. After 5 cycles of CPR (out of hospital). Use child pads age 1 to 8 if available. If child pads unavailable, use adult AED and pads.	No recommendation for infants less than 1 year of age.