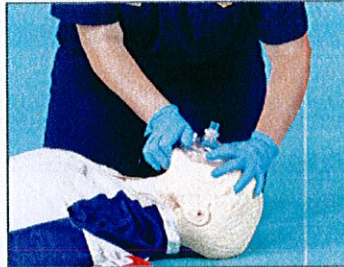


GIVING VENTILATIONS

Note: Size-up the scene for safety, then perform a primary assessment. Always select the properly sized mask for the victim.

If the victim is not breathing but has a pulse:

1 POSITION AND SEAL THE RESUSCITATION MASK



2 OPEN THE AIRWAY AND BLOW INTO THE MASK

- For an adult, give 1 ventilation about every 5 seconds.
- For a child or an infant, give 1 ventilation about every 3 seconds.
- Each ventilation should last about 1 second and make the chest clearly rise. The chest should fall before the next ventilation is given.



3 RECHECK FOR BREATHING AND A PULSE ABOUT EVERY 2 MINUTES

- Remove the mask, then look, listen and feel for breathing and check for a pulse for no more than 10 seconds.

4 PROVIDE CARE AS NEEDED

- If unconscious but breathing, place in a recovery position.
- If unconscious and no breathing but there is a pulse, continue giving ventilations.
- If unconscious and no breathing or pulse, begin CPR.
- If the chest does not clearly rise, provide care for an unconscious choking victim.

Courtesy: Red Cross

SKILL SHEET

CPR

Notes:

- *Size-up the scene for safety, then perform a primary assessment.*
- *Ensure that the victim is on a firm, flat surface, such as the floor or a table.*

If the victim is not breathing and has no pulse:

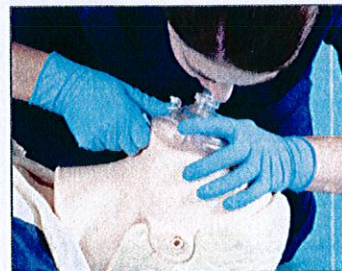
1 GIVE 30 CHEST COMPRESSIONS

- Push hard, push fast.
 - Compress the center of the chest at least **2** inches for an adult, about **2** inches for a child and about **1½** inches for an infant at a rate of at least **100** per minute.
 - Let the chest rise completely before pushing down again.



Note: *Counting out loud or to yourself helps keep an even pace.*

2 GIVE 2 VENTILATIONS



**3 PERFORM CYCLES OF 30 CHEST COMPRESSIONS
AND 2 VENTILATIONS**

Do not stop CPR except in one of these situations:

- You see an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained rescuer takes over.
- More advanced medical personnel take over.
- You are presented with a valid Do Not Resuscitate (DNR) order.
- You are too exhausted to continue.
- The scene becomes unsafe.