Adult CPR AED Skills Summary

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Make sure the scene is safe.</td>
</tr>
</tbody>
</table>
| 2    | Tap and shout.  
  - Check to see if the person responds.  
  - If the person doesn’t respond, go to Step 3. |
| 3    | Get help.  
  - Yell for help.  
  - Have the person who comes phone 911 and get an AED.  
  - If no one can help, phone 911 and get an AED. Use it. |
| 4    | Check breathing.  
  - Make sure the person is on a firm, flat surface.  
  - Check breathing.  
  - If the person isn’t breathing at all or is only gasping, give CPR.  
  
  No response + No breathing or only gasping = GIVE CPR |
| 5    | Push and give breaths. Give 30 compressions and 2 breaths.  
  - Compressions:  
    - Move clothes out of the way.  
    - Put the heel of 1 hand on the lower half of the breastbone. Put the heel of your other hand on top of the first hand.  
    - Push straight down at least 2 inches at a rate of at least 100 compressions a minute.  
    - After each compression, let the chest come back up to its normal position.  
    - Compress the chest 30 times.  
  - Breaths:  
    - After 30 compressions, open the airway with a head tilt–chin lift.  
    - After the airway is open, take a normal breath.  
    - Pinch the nose shut. Cover the mouth with your mouth.  
    - Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.  
  - AED:  
    - Use it as soon as you have it.  
    - Turn it on by lifting the lid or pressing the “ON” button.  
    - Follow the prompts. |
| 6    | Keep going.  
  - Keep giving sets of compressions and breaths until the person starts to breathe or move, or until someone with more advanced training arrives and takes over. |
## Child CPR AED Skills Summary

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
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<tbody>
<tr>
<td><strong>1</strong></td>
<td>Make sure the scene is safe.</td>
</tr>
</tbody>
</table>
| **2** | Tap and shout.  
  - Check to see if the person responds.  
  - If the person doesn’t respond, go to Step 3. |
| **3** | Yell for help.  
  - See if someone can help you.  
  - Have that person phone 911 and get an AED. |
| **4** | Check breathing.  
  - Make sure the child is on a firm flat surface.  
  - See if the child is not breathing at all or only gasping.  
  - **No response** + **No breathing** or **only gasping** = **GIVE CPR** |
| **5** | Give CPR. Give 5 sets of 30 compressions and 2 breaths, and then phone 911 and get an AED (if no one has done this yet).  
  - Compressions:  
    - Move clothes out of the way.  
    - Put the heel of 1 hand on the lower half of the breastbone.  
    - Push straight down about 2 inches at a rate of at least 100 compressions a minute.  
    - After each compression, let the chest come back up to its normal position.  
    - Compress the chest 30 times.  
  - Breaths:  
    - After 30 compressions, open the airway with a head tilt–chin lift.  
    - After the airway is open, take a normal breath.  
    - Pinch the nose shut. Cover the child’s mouth with your mouth.  
    - Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.  
  - AED:  
    - Use it as soon as you have it.  
    - Turn it on by lifting the lid or pressing the “ON” button.  
    - Use child pads or child key or switch. (Use adult pads if no child pads are available.)  
    - Follow the prompts. |
| **6** | Keep going.  
  - Keep giving sets of compressions and breaths until the child starts to breathe or move, or until someone with more advanced training arrives and takes over. |
# Infant CPR Skills Summary

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td>Make sure the scene is safe.</td>
</tr>
</tbody>
</table>
| **2** | **Tap and shout.**  
  - Check to see if the infant responds.  
  - If the infant doesn’t respond, go to Step 3. |
| **3** | **Yell for help.**  
  - See if someone can help you.  
  - Have that person phone 911. |
| **4** | **Check breathing.**  
  - Make sure the infant is on a firm flat surface. If possible, use a surface above the ground.  
  - See if the infant isn’t breathing or is only gasping.  
  
  No response + **No breathing or only gasping** = **GIVE CPR** |
| **5** | **Give CPR. Give 5 sets of 30 compressions and 2 breaths, and then phone 911 (if no one has phoned yet).**  
  - Compressions:  
    - Move clothes out of the way.  
    - Place 2 fingers just below the nipple line.  
    - Push straight down about 1½ inches at a rate of at least 100 compressions a minute.  
    - After each compression, let the chest come back up to its normal position.  
  - Breaths:  
    - After 30 compressions, open the airway with a head tilt–chin lift.  
    - After the airway is open, take a normal breath.  
    - Cover the infant’s mouth and nose with your mouth.  
    - Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath. |
| **6** | **Keep going.**  
  - Keep giving sets of 30 compressions and 2 breaths until the infant starts to breathe or move, or until someone with more advanced training arrives and takes over. |
## Summary of CPR and AED for Adults, Children, and Infants

<table>
<thead>
<tr>
<th>Action</th>
<th>Adult and Older Child (has gone through or is going through puberty)</th>
<th>Child (1 to puberty)</th>
<th>Infant (less than 1 year old)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check for response</td>
<td></td>
<td>Tap and shout</td>
<td></td>
</tr>
<tr>
<td>Phone your emergency response number (or 911)</td>
<td>Phone your emergency response number (or 911) as soon as you find that the person does not respond</td>
<td>Phone your emergency response number (or 911) after giving 5 sets of 30 compressions and 2 breaths (if you are alone)</td>
<td></td>
</tr>
<tr>
<td>• Give compressions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Compression location</td>
<td>Lower half of the breastbone</td>
<td>Just below the nipple line</td>
<td></td>
</tr>
<tr>
<td>• Compression method</td>
<td>2 hands</td>
<td>1 or 2 hands</td>
<td>2 fingers</td>
</tr>
<tr>
<td>• Compression depth</td>
<td>At least 2 inches</td>
<td>About 2 inches</td>
<td>About 1 1/2 inches</td>
</tr>
<tr>
<td>• Compression rate</td>
<td>At least 100 a minute</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Sets of compressions and breaths</td>
<td>30:2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open the airway</td>
<td></td>
<td>Head tilt–chin lift</td>
<td>Head tilt–chin lift (do not tilt the head back too far)</td>
</tr>
<tr>
<td>Use a head tilt–chin lift</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check breathing</td>
<td></td>
<td>Look for only gasping or no breathing (take at least 5 seconds but no more than 10 seconds)</td>
<td></td>
</tr>
<tr>
<td>Start CPR</td>
<td>Give sets of 30 compressions and 2 breaths (1 second each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AED</td>
<td></td>
<td>Use the AED as soon as it arrives</td>
<td></td>
</tr>
<tr>
<td>• Press the “ON” button or open the lid</td>
<td>Use adult pads</td>
<td></td>
<td>Use child pads/key/switch if child is between 1 and 8 years old or adult pads if child is 8 or older</td>
</tr>
<tr>
<td>• Attach pads to the person’s bare chest</td>
<td>Use adult pads</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Follow the AED prompts</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>