HEARTSAVER Basic Life Support (CPR)

If no response to gently shaking victim & shouting, "ARE YOU OK?"

**AIRWAY**

Open it, keep it open

Head-tilt, chin-lift (all ages, any injury)

**BREATHING**

Look, listen and feel for 5-10 seconds: is patient breathing?

Yes

Turn victim on his/her side (recovery position)

No

Give a breath over 1 second: does the chest rise?

Yes

No

Reposition and try again: does the chest rise?

Yes

No

give a 2nd breath and move to **CIRCULATION**

**INFANT or CHILD:** Begin ABCs and attempt resuscitation for 2 minutes before leaving to phone 911 and get AED

**ADULT:** Phone 911, get AED & return to victim

If someone else is available, send them to call 911 & get the AED while you remain with the victim

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VUMC Resuscitation Program
Begin chest compressions:

**Adults:** greater than 8 years of age
- **call 911 FIRST** (even if you have to leave)
- use two hands in the center of the chest between nipples: one over the other
- **PUSH HARD:** compress 1.5 to 2 inches
- **PUSH FAST:** at least 100 compressions/minute
- *allow for complete chest recoil after every compression

**30:2 compressions to ventilations**
- **AED use:** apply AED after 2 minutes (5 cycles) of CPR
  - Use adult pads; do not use child pads. Be certain chest compressions continue until AED is attached and recommends "do not touch patient"; resume chest compressions immediately after shock.

**Children:** ages 1 to 8 years
- typically use one hand in the center of the chest between nipples; use both hands if child is large
- **PUSH HARD:** compress 1/3-1/2 depth of chest
- **PUSH FAST:** at least 100 compressions/minute
- *allow for complete chest recoil after every compression

**30:2 compressions to ventilations**
- **call 911 FAST** (after 2 minutes or 5 cycles of 30:2)
- **AED use:** Apply AED after 2 minutes or 5 cycles of 30:2
  - Use adult pads if child pads unavailable or if child weighs more than 50 lbs. (25 kg). If using adult pads on a child, place 1 pad on the front of the child’s chest and 1 on the child’s back. Be certain chest compressions continue until AED is attached and recommends "do not touch patient"; resume chest compressions immediately after shock.

**Infants:** under 1 year of age
- use two fingers placed one finger’s breadth below mid-nipple line
- **PUSH HARD:** compress 1/3-1/2 depth of chest
- **PUSH FAST:** at least 100 compressions/minute
- *allow for complete chest recoil after every compression

**30:2 compressions to ventilations**
- **call 911 FAST** (after 2 minutes or 5 cycles of 30:2)
- **AED use:** NOT recommended for victims under 1 year old.
**CONSCIOUS VICTIM**

**ADULT & CHILD:**

*ask one question* "Are you choking?" or "Can you speak?" to verify obstructed airway

tell the victim you are going to help

if the victim is a child or is a regularly-sized adult, provide abdominal thrusts (right above the belly button), inward and upward, until the object is expelled or the victim loses consciousness.

if the victim is pregnant or a large adult, use chest thrusts--pulling straight back (same position as chest compressions) -- in place of abdominal thrusts.

**INFANT:**

support infant on your arm and/or leg, head down

provide 5 sharp back blows with the heel of your hand between the infant's shoulder blades

turn the infant over and provide 5 firm CHEST thrusts using the same two fingered technique and hand placement as for CPR

continue alternating back blows with chest thrusts as rapidly as possible until object is expelled or infant becomes unconscious

check the infant's mouth periodically to see if the object can be seen and removed

**UNCONSCIOUS VICTIM**

Shout for help, send someone to call 911 if available

**ADULT, CHILD & INFANT:**

Ease patient to the floor (or place infant on a firm surface such as table top), begin ABCs:

open the airway

look, listen, and feel for breathing for 5-10 seconds

*LOOK IN THE MOUTH: FINGER SWEEP THE MOUTH TO RETRIEVE THE OBJECT ONLY IF OBJECT CAN BE SEEN*

attempt a breath

reposition/reattempt 2nd breath

If both breaths are unsuccessful, begin CPR at a ratio of 30:2 --- refer to CIRCULATION box on page 2 for CPR instructions

Check the mouth for foreign object before each set of breaths; sweep to remove object only if it is seen

REPEAT UNTIL OBSTRUCTION IS REMOVED OR HELP ARRIVES; IF PATIENT REMAINS UNRESPONSIVE AFTER OBJECT IS REMOVED, CONTINUE CYCLES OF COMPRESSIONS AND BREATHS (30:2) UNTIL HELP ARRIVES

*IF YOU ARE ALONE, CALL 911 AFTER TWO FULL MINUTES OF ATTEMPTING TO RELIEVE FOREIGN OBJECT*