

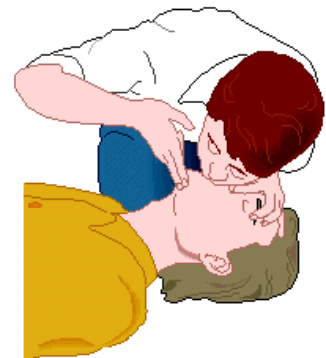
UCDHS CPR GUIDELINES
Basic CPR

C-A-B

Compressions: Push hard and fast on the center of the victim's chest

Airway: Tilt the victim's head back and lift the chin to open the airway

Breathing: Give rescue breaths



UCDHS CPR GUIDELINES

Basic CPR

CPR GUIDELINES FOR ADULTS

Check

- **Unresponsive:** No breathing or no normal breathing (only gasping)
- Call for Help. Get the AED if available and return to the victim
- If second rescuer is available send them to get help and the AED



CPR

- Push chest at least 2 inches, 30 times in the center of the chest
 - o Push 2-handed, with one hand on top of the other
- Push at a rate of **at least 100** pushes per minute
- Allow complete chest recoil after each push
- Limit interruptions in chest pushes to less than 10 seconds



BREATHE

- Open the victim's airway.
 - o *Head Tilt-Chin Lift:* tilt the head back and lift the chin
- Give 2 breaths. Give each breath over 1 second
- The victim's chest should rise with each breath
- Use barrier device if available



CONTINUE SETS OF 30 PUSHES AND 2 BREATHS

- Continue cycles of 30 pushes and 2 breaths
- *Rotate compressors every 2 minutes*
- Attach and use AED as soon as available

UCDHS CPR GUIDELINES

Basic CPR

CPR GUIDELINES FOR CHILDREN

Check

- **Unresponsive:** No breathing or no normal breathing (only gasping)
- Send second rescuer to call for help and get the AED
- If alone, stay with victim and provide 2 minutes of CPR before calling for help



CPR

- Push chest at about 2 inches, 30 times just below the nipple line
 - o You may use either 1 or 2 hands for chest pushes
- Push at a rate of **at least 100** pushes per minute
- Allow complete chest recoil between each push
- CPR ratio for one-person CPR is 30 pushes to 2 breaths
- CPR ratio for two-person CPR is 15 pushes to 2 breaths
- *In two-person CPR the rescuers should change positions after every 2 minutes*
- After 2 minutes, call for help if not already done and get the AED



BREATHE

- Open the victim's airway.
 - o *Head Tilt-Chin Lift:* tilt the head back and lift the chin
- Give 2 breaths. Give each breath over 1 second
- The victim's chest should rise with each breath
- Use barrier device if available



CONTINUE SETS OF 30 PUSHES AND 2 BREATHS

- Continue cycles of 30 pushes and 2 breaths
- *Rotate compressors every 2 minutes*
- Attach and use AED as soon as available

UCDHS CPR GUIDELINES

Basic CPR

CPR GUIDELINES FOR INFANTS

(Age: Birth to 1 year)

Check

- **Unresponsive:** No breathing or no normal breathing (only gasping)
- Send second rescuer to call for help and get the AED
- If alone, remain with victim and provide 2 minutes of CPR before calling for help



CPR

- Push chest about 1 ½ inches, 30 times just below the nipple line
 - o Push with the Two-Finger push technique
- Push at a rate of **at least 100** pushes per minute
- Allow complete chest recoil between each push
- CPR ratio for one-person CPR is 30 pushes to 2 breaths
- CPR ratio for two-person CPR is 15 pushes to 2 breaths
 - o Use the Two-Thumb Encircling Technique for pushes
- *In two-person CPR the rescuers should change positions after every 2 minutes*
- After 2 minutes, call for help if not already done and get the AED



BREATHE

- Open the victim's airway.
 - o *Head Tilt-Chin Lift:* tilt the head back and lift the chin
- Give 2 breaths. Give each breath over 1 second
- The victim's chest should rise with each breath
- Use barrier device if available



CONTINUE SETS OF 30 PUSHES AND 2 BREATHS

- Continue cycles of 30 pushes and 2 breaths
- *Rotate compressors every 2 minutes*
- Attach and use AED as soon as available

UCDHS CPR GUIDELINES

Basic CPR

AED GUIDELINES

Attach and use the AED as soon as it is available. Minimize interruptions in chest pushes before and after each shock.

COMMON STEPS TO OPERATE ALL AEDS

1. Power ON the AED: this starts voice prompts for directions in all steps
2. Attach pads to victim's bare chest
 - Choose correct pads (adult vs child)
 - Do Not use child pads for victims 8 years and older (Adults)
 - Plug in the pad connector
3. Clear the victim and the AED will analyze the rhythm
 - Be sure no one is touching the victim
 - The AED then tells you if a shock is needed
4. If the AED says to give a shock
 - Make sure no one is in contact with the victim
 - Press the shock button
5. As soon as the AED gives the shock, **immediately** resume CPR, starting with chest pushes

