

CPR and Rescue Breathing – Quick Reference Guide

STEP	Adult CPR (8 Years and Up)	Child CPR (1 to 8 Years)	Adult Rescue Breathing	Infant CPR (Birth to 1 Year)	Infant/Child Rescue Breathing
Check for Consciousness	Tap and shout “Are you OK?”			Tap and shout; tickle bottom of feet”	
ACTIVATE EMS - CALL 911					
A – Open the Airway	Carefully clear any foreign materials from the mouth with your fingers. Place one hand on the victim’s forehead and tilt the head back gently. Place the fingers of your other hand under the chin and lift to pull it forward.			Use care not to tilt the head back too far.	
B – Check breathing.	Take a deep breath and place your mouth over the victim’s, making a tight seal. Pinch the nose. Slowly blow air in until the victim’s chest rises. Take 1½ to 2 seconds for each breath.			Place mouth over baby’s mouth and nose. Slowly blow air in until the victim’s chest rises. Take 1½ to 2 seconds for each breath.	
C - Check circulation.	Check for signs of circulation including normal breathing, coughing or movement. If you see signs of circulation, but the person is still not breathing, begin rescue breathing. If the person is not breathing, coughing or moving, begin CPR.				
Position hands.	Use both hands (heel) Position hands between the breasts	Use one hand. Position hand between the breasts. Place other hand on forehead to keep airway open.	Place one hand on forehead to keep airway open	Use 2 fingers. Position fingers between nipples – one finger-width below the nipple line. Place other hand on forehead to keep airway open.	Place one hand on forehead to keep airway open
Perform chest compressions.	Perform 15 compressions Compression rate is 100 times per minute.	Perform 5 chest compressions Compression rate is at least 100 times per minute		Perform 5 chest compressions Compression rate is at least 100 times per minute	
Give rescue breaths.	Cover mouth with your mouth and pinch nose. Give 2 breaths of air	Cover mouth with your mouth and pinch nose. Give 1 breath of air	Cover mouth with your mouth and pinch nose. Give 1 breath of air every 5 seconds	Cover infant’s mouth and nose with your mouth. Give 1 breath of air	Place one hand on forehead to keep airway open. Give 1 breath of air every 3 seconds.
Check signs of circulation and repeat if necessary.	Perform 4 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Perform 20 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Recheck signs of circulation after each minute or every <u>12</u> breaths.	Perform 20 cycles (one minute of CPR) then recheck signs of circulation. If no signs of circulation, continue CPR starting with compressions.	Recheck the signs of circulation after each minute or every <u>20</u> breaths.
Key Numbers to Remember	15 & 2 4 Cycles	5 & 1 20 Cycles	5 seconds between breaths 12 Cycles	5 & 1 20 Cycles	3 seconds between breaths 20 Cycles