

# ©C.P.R.-FACT SHEET r1./2014

- STEP 1 START STEPS A-C-A-B. CHECK THE (A)REA/VICTIM FOR ANY DANGERS, AND FOR UNRESPONSIVENESS.CALL FOR ASSISTANCE!**  
Make sure that it is safe for you to approach the injured person. Look for any hidden dangers. Make sure the person that you are checking for injuries are responsive or unresponsive - **ADULT or CHILD - Shake shoulders, INFANT - Shake foot firmly.** Ask - Are you ok? *Look for signs of Life, Motion or Movement.* If injured person is unresponsive call out loud for ASSISTANCE! ***If you are by yourself call 9-1-1 immediately!*** CONTINUE A.C.A.B'S STEPS
- STEP 2 QUICKLY LEAN OVER CHECK FOR BREATHS – (3 – 5 seconds) DETERMINING IF BREATHING, BY LOOKING, LISTENING OR FEELING FOR BREATHS. THIS IS A QUICK CHECK ONLY. IF NOT BREATHING BEGIN COMPRESSIONS**
- STEP 3 GIVE 30 (C)OMPRESSIONS PLACE HANDS OR FINGERS IN THE CENTER OF THE CHEST AREA.** Victim must be on a hard flat surface. Table, floor, counter top. If victim is on bed, sofa, recliner or couch move victim to floor
- | <u>PATIENT</u>                    | <u>Cardiopulmonary Resuscitation (CPR)</u>  | <u>Breaths</u>             |
|-----------------------------------|---|----------------------------|
| <b>ADULT</b><br>12 years and up   | <b>30 Compressions. Compress the chest 1½ – 2 inches</b> Use <u>2 hands</u> . One placed on top of the other. Make sure arms are straight over the chest area. Use upper body for compressions. Place hands in center of chest. Inter-lock fingers so that one hand is on top of the other. | <b>Give 2 slow full</b>    |
| <b>CHILD</b><br>1 year – 12 years | <b>30 Compressions. Compress the chest 1 - 1½ inches.</b> Use <u>1 hand</u> . Place hand in center of chest. Keep arm straight if possible. Use arm-shoulder for compressions.  | <b>Give 2 slow regular</b> |
| <b>INFANT</b><br>Birth – 1 year   | <b>30 Compressions. Compress the chest ½ - 1 inch.</b> Use <u>2 fingers</u> placed in the middle of the chest.  | <b>Give 2 slow small</b>   |
- STEP 4 OPEN THE (A) IRWAY. USE HEAD CHIN / LIFT METHOD.** (one hand on forehead, two (2) fingers under bony part of chin). Gentle tilt chin upwards back towards nose until straight up. **NEVER LIFT THE NECK.** as this may cause further injury if the person has sustained a head, neck, or back injury.
- STEP 5 CHECK FOR (B)REATHING 5 SECONDS Give 2 slow breaths followed with 30 chest compressions. (5 SETS) If your injured person is an Adult-give 2 slow FULL breaths, Child-give 2 slow REGULAR, Infant give 2 slow SMALL breaths, each breath should be slow but not enough to fill the stomach. IF AIR DID NOT GO IN-REOPEN AIRWAY; IF AIR STILL DID NOT GO IN BEGIN STEPS FOR CHOKING.**
- STEP 6 After 2 minutes Recheck for Breathing 5 seconds, and if not Breathing continue with CPR-Rescue Breathing combinations until medical help arrives.**

©REMEMBER C.P.R. ALSO STANDS FOR; “C”-CHECK YOUR VICTIM, “P”-PHONE 9-1-1. “R”-RESCUE VICTIM SAFELY®

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(New Guidelines for Cardio Pulmonary Resuscitation as printed in CURRENTS, Journal of American Medical Association)