

We want you to know



CHECK ✓

Check the scene for safety.
Check the victim for consciousness, breathing, signs of life and severe bleeding.

CALL ✓

Dial 9-1-1 or a local emergency number.

CARE ✓

Care for conditions you find.

SIGNS OF LIFE include a pulse, normal breathing, coughing or movement in response to rescue breaths.

Check the Victim

If the victim is unconscious, call 9-1-1 immediately.



step

1

Use basic precautions to prevent disease transmission.

Tap and shout to see if the person responds.

If no response...

step

2

Call 9-1-1



step

3

Position the victim on back while supporting head and neck.

Administer Care



step

1

Tilt head back and lift the chin.



step

2

Look, listen, and feel for breathing for about 10 seconds.

If not breathing...



step

3

Pinch the nose and seal your lips over the lips of the victim. Give two slow breaths.

For Adult Victims - begin CPR Compressions



step

4

For Child and Infant Only
-Check for signs of circulation for no more than 10 seconds. Administer rescue breathing if the victim does show signs of circulation.



step

5

Check for severe bleeding.

Rescue Breathing

Infant and Child ONLY



step

1

When breathing is too fast, slow, noisy, or painful, **CALL 9-1-1 IMMEDIATELY!**



step

2

With head tilted back, pinch nose shut.



step

3

Give 1 slow breath about every 3 seconds.

Recheck pulse every 2 minutes or 40 breaths.

Choking

Conscious Adult or Child



step

1

Obtain consent. Confirm choking.



step

2

Position legs. Position hands. Lean victim forward/give 5 back blows.

step

3

Give 5 quick upward thrusts. Repeat until object is coughed up and person breathes on their own or person becomes unconscious.

Choking

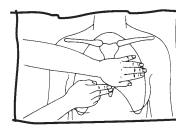
Unconscious Adult or Child



step

1

Attempt to give 2 slow breaths. If you can't get air in, re-tilt the head and reattempt breaths.



step

2

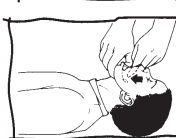
If air does not go in, position hands on chest.



step

3

Position shoulders over hands. Give 30 CPR compressions for an adult or child.

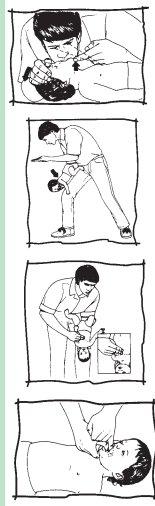


step

4

Lift lower jaw and hold tongue and sweep out the mouth if you see something. Attempt breaths. Repeat cycle of compressions, sweeps, and breaths until you can breathe air into the victim.

DO NOT MOVE THE VICTIM unless it is absolutely necessary.



Choking

Conscious or Unconscious Infant

- step 1** *If conscious:* Confirm choking.
- step 2** Give 5 back blows and 5 chest thrusts until object comes out or victim is unconscious.
- step 3** *If unconscious:* Attempt to give breaths; If you can't get air in, readjust head and reattempt breaths.
- step 4** Give 30 chest thrusts. If unconscious, add: Sweep out object if visible. Repeat breaths, look for object, and sweeps until you can breathe into the person, making the chest rise.

Signals of Heart Problems and Care for a Heart Attack

- SIGNALS**
- Persistent chest pain or discomfort lasting more than 3-5 minutes or pain that goes away and comes back
 - Pain in either arm, discomfort or pressure that spreads to the shoulder, arm, neck, or jaw
 - Nausea, shortness of breath, or trouble breathing
 - Sweating, changes in skin appearance
 - Dizziness or unconsciousness
- CARE**
- Have the person stop activity and rest.
 - Send someone to call 9-1-1.
 - Help person rest in a comfortable position.
 - Loosen restrictive clothing.
 - Assist with prescribed medication.
 - Monitor breathing and pulse closely.
 - Be prepared to give CPR if the person loses consciousness, breathing and/or pulse stops.

CPR - Cardio Pulmonary Resuscitation

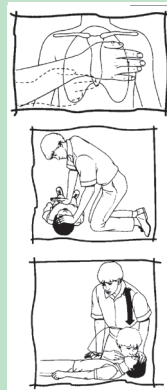
Adult CPR



- step 1** Find hand position.
- step 2** Position shoulders over hands; compress chest 30 times 1 1/2 - 2 inches.
- step 3** Give 2 slow breaths.

If no signs of life, continue sets of 30 compressions and 2 breaths.

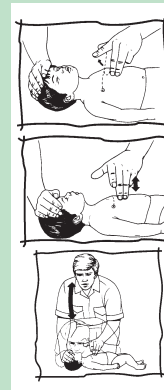
Child CPR (1 TO 12 YEARS OLD)



- step 1** *If no pulse:* Find hand position.
- step 2** Position shoulder over hands; compress chest 30 times 1 1/2 inches.
- step 3** Give 2 slow breaths.

If no signs of life, continue sets of 30 compressions and 2 breaths.

Infant CPR (NEWBORN TO 1 YEAR OF AGE)



- step 1** *If no pulse:* Find **finger** position.
- step 2** Position hand over fingers; compress chest 30 times 1/2 - 1 inch.
- step 3** Give 2 slow breaths.

If no signs of life, continue sets of 30 compressions and 2 breaths.

CHAIN OF SURVIVAL

1. Early recognition
2. Early CPR
3. Early defibrillation
4. Early advanced life support



If an Automated External Defibrillator (AED) is available:

- 1 Activate the EMS system.
- 2 Begin CPR until device arrives.
- 3 Place device on dry bare chest.
- 4 Follow voice prompts.



- When the scene becomes unsafe.
- You detect signs of life.
- An AED becomes available.
- You are too exhausted to continue.
- Another trained person takes over CPR.
- EMS personnel arrive and take over.

HOW AND WHEN TO CALL FOR HELP

Call 9-1-1 if the person:

- Is unconscious, unusually confused, or seems to be losing consciousness.
- Has trouble breathing or is breathing in a strange way.
- Has persistent chest pain or pressure.
- Has pressure or pain in the abdomen that does not go away.
- Is vomiting, passing blood or coughing up blood.
- Has seizures, severe headache, or slurred speech.
- Appears to have been poisoned.
- Has injuries to the head, neck, or back.



In cooperation with Community Partners, local Department of Parks and Recreation, Fire Departments and City Governments.

Visit our website to find your local Red Cross chapter, and enroll in a CPR or First Aid course today!

www.redcross.org



American Red Cross