

CABs of CPR 2011

CPR for the lay rescuer

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1-8 years old)	INFANT (up to 1 year old)
Establish unresponsiveness / no breathing / breathing not normal (gaspings). Send someone to get AED and call 9-1-1	If alone, place victim in recovery position and call 9-1-1 first.	If alone, give 5 cycles of CPR before placing victim in recovery position and calling 9-1-1	
Begin CPR Minimize interruptions	30 chest compressions then 2 breaths - Push hard and push fast		
Compression location	Center of breastbone (between the nipples)	One finger width below nipple line	
Compression method	Heel of one hand, other on top with fingers interlaced and elbows locked	Heel of one hand with elbow locked	2 fingers
Compression depth Allow chest to fully recoil	Equal to or greater than 2"	1/3 to 1/2 the depth of the chest	
Compression rate	100 per minute		
Activate (turn on) the AED when it arrives	Follow prompts. Never remove the AED.		
Using an AED Victim not breathing	Turn on AED and follow instructions		AED not recommended for infants
AED precautions: Hairy chest	If victim has a hairy chest and AED pads do not stick, remove pads and shave chest. Place new pads on chest.		
AED precautions: Implanted defibrillator Pacemaker (you notice a hard lump under the skin of the upper chest or abdomen)	Place AED pads at least 1 inch to the side of the implant		
AED precautions: Medication patches	Remove the patch and wipe the area clean before placing pads on victim		
AED precautions: Water	Do not use in water, water conducts electricity		