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CPR on Infants

1. Check for unresponsiveness by shouting and gently tapping the infant.
2. Have a bystander call 9-1-1 for help. If you are alone do 2 minutes of rescue breathing before calling for help (about 5 cycles of compressions and ventilations).
3. Open the airway by placing your hand under the infant's shoulders to tilt the head back and lift the chin.
4. Look, listen, and feel for air exchange for 5 to 10 seconds. If not breathing:
5. Take a normal (not a deep) breath, cover the infant's mouth and nose with your mouth and give 2 puffs of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
6. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
7. Find the breastbone just below the nipple line (place 2 fingers between nipples).
8. Use only 2 fingers to do compressions. Depress chest $\frac{1}{3}$ to $\frac{1}{2}$ of its depth.
9. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
10. Continue cycles of chest compressions and rescue breaths until the infant can breathe independently or until help arrives.

CPR on Children Ages 1 to 8

1. Check for unresponsiveness by shaking and calling them with a loud voice.
2. Have a bystander call 9-1-1 for help. If you are alone do 2 minutes of rescue breathing before calling for help (about 5 cycles of compressions and ventilations).
3. Use the head tilt-chin lift to open the airway.
4. Look, listen, and feel for air exchange for 5 to 10 seconds (no more than 10 seconds). If not breathing:
5. Take a normal (not a deep) breath, gently pinch nostrils and cover mouth with yours. Give 2 short, shallow breaths of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
6. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
7. Find the breastbone in the center of the chest between the nipples.
8. Use the heel of one hand (optionally, place your second hand on top of the first). Depress chest $\frac{1}{3}$ to $\frac{1}{2}$ of its depth with each compression.
9. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
10. Continue cycles of chest compressions and rescue breaths until the child can breathe independently or until help arrives.

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CPR on Age 9 to Adult

1. Check for unresponsiveness by shaking and calling them with a loud voice.
2. Have a bystander call 9-1-1 for help, or call yourself if you are alone.
3. Use the head tilt-chin lift to open the airway.
4. Look, listen, and feel for normal breathing for 5 to 10 seconds (no more than 10 seconds). If no normal breathing is present, give 2 rescue breaths.
5. Take a normal (not a deep) breath, gently pinch nostrils and cover mouth with yours. Give 2 breaths of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
6. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
7. Find the breastbone in the center of the chest between the nipples.
8. Use the heel of one hand with the second hand on top to depress the chest 1 1/2 to 2 inches on each compression.
9. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
10. Continue cycles of chest compressions and rescue breaths until the victim can breathe independently or until help arrives.

Someone may be clinically dead (no breathing, no pulse), but is not biologically dead for 4 to 6 minutes of no breathing and no pulse. Only stop CPR if the victim revives, EMS comes, or you are physically incapable of continuing because of exhaustion.

These guidelines are given for Lay Rescuers by the American Heart Association. 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (http://circ.ahajournals.org/content/vol112/24_suppl/) with updates from Volume 16 Number 4 Winter 2005-2006 Currents in Emergency Cardiovascular Care (<http://www.americanheart.org/downloadable/heart/1132621842912Winter2005.pdf>), both accessed 5-20-2009.

