

- **Adult Rescue Breathing**
- **Adult CPR**
- **Adult Obstructed Airway-Conscious**
- **Adult Obstructed Airway-Unconscious**
- **Infant Rescue Breathing**
- **Infant Obstructed Airway-Conscious**
- **Infant Obstructed Airway-Unconscious**
- **Infant CPR**



Adult Rescue Breathing

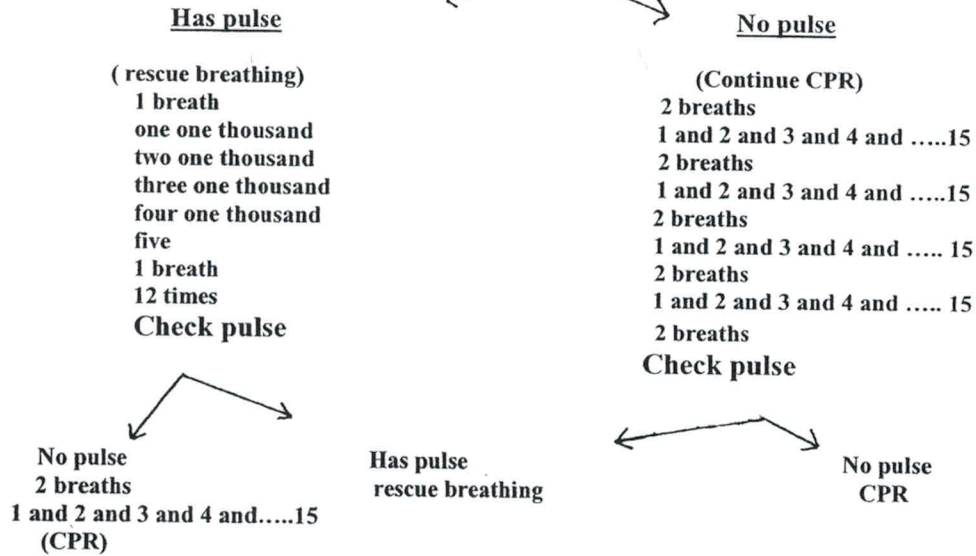
- ___ Check the scene
- ___ Check the victim
- ___ Check for consciousness – Are you OK ? - *if unconscious.....*
- ___ Call 911
- ___ Tilt head back and lift chin
- ___ Listen
- ___ 2 breaths (*pinch nose*)
- ___ Check for pulse - *If there is a pulse, but no breathing.....*
- ___ 1 breath (*pinch nose*)
one one thousand
two one thousand
three one thousand
four one thousand
five
- ___ 1 breath (*pinch nose*)
one one thousand
two one thousand
three one thousand
four one thousand
five
- ___ 1 breath (*pinch nose*)
- How many times do you do this?*
- ___ 12 times (Total)
- ___ Recheck for breathing and pulse
- Still no breathing*
- ___ 1 breath (*pinch nose*) Repeat rescue breathing...1breath/5seconds/12times
one one thousand
two one thousand
three one thousand
four one thousand
five

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Adult CPR

- ___ Check scene
- ___ Check victim
- ___ Check for consciousness – Are you ok ? If unconscious
- ___ Call 911
- ___ Tilt head back and lift chin
- ___ Listen
- ___ 2 breaths (*pinch nose*)
- ___ Check pulse
- no pulse (remember - * 1st time down straight down, any other time 2 breaths)*
- ___ Straight to compressions
- ___ 1 and 2 and 3 and 4 and 15
- ___ 2 breaths (*pinch nose*)
- ___ 1 and 2 and 3 and 4 and 15
- ___ 2 breaths (*pinch nose*)
- ___ 1 and 2 and 3 and 4 and 15
- ___ 2 breaths (*pinch nose*)
- ___ 1 and 2 and 3 and 4 and 15
- ___ 2 breaths (*pinch nose*)

___ Check pulse



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Adult Obstructed Airway – Conscious

___ Are you choking

Give choking sign

___ From behind- arms under arm pits – find naval – right above naval- below ribs
thumb knuckle in.

___ Give abdominal thrusts

How long do you do this?

___ Until they pass out or the object comes out.

Overweight or Pregnant

___ Are you choking

Give choking sign

___ From behind- arms under arm pits- finger nails facing chest

___ Give compressions

How long do you do this?

___ Until they pass out or the object comes out.

Adult Obstructed Airway - Unconscious

- ___ Check the scene
- ___ Check the victim
- ___ Check for consciousness – Are you OK ? *if unconscious.....*
- ___ Call 911

___ Tilt head / Lift chin

___ Listen

___ 2 breaths (*pinch nose*)

___ Retilt * *if the breaths do not go in*

___ 2 breaths (*pinch nose*)

___ 5 abdominal thrusts
(or 15 chest compressions)

___ Finger sweep (*if you see something*)

___ 2 breaths (*pinch nose*)
object comes out

___ Sweep (*if you see something*)

___ Tilt head / Chin lift

___ Listen

___ 2 breaths (*pinch nose*)

___ Check pulse

Has pulse, but not breathing →

___ 1 breath (*pinch nose*) (*rescue breathing*)
one one thousand
two one thousand
three one thousand
four one thousand
five

___ 1 breath (*pinch nose*)
How many times

___ 12 times

Repeat until object comes out

11-11-11

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Infant worksheet

Infant rescue breathing

- ___ Check scene
- ___ Check victim
- ___ Check for consciousness
- ___ *If someone is there say "call 911"*
- ___ tilt head
- ___ Listen
- ___ 2 breaths
- ___ check pulse
- ___ *has pulse*
- ___ 1 breath
- ___ one one thousand
- ___ two one thousand
- ___ three
- ___ 1 breath
- ___ *how many times do you do this*
- ___ 20 times
- ___ Check pulse
- ___ Call 911 (*if on one has*)
- ___ 1 breath
- ___ one one thousand
- ___ two one thousand
- ___ three

Infant conscious choking

- ___ Flip to back (over arm) (support chin)
- ___ 5 back blows
- ___ Flip to front (over are) (support head)
- ___ Ring finger across nipples, lift up
- ___ 5 chest compressions
- ___ flip to back
- ___ 5 back blows
- ___ Flip to front
- ___ 5 chest compressions
- ___ *How long do you do this?*
- ___ Until they pass out or throw up

Infant unconscious choking

- ___ Check scene
- ___ Check victim
- ___ Check for consciousness
- ___ *if someone is there say "call 911"*
- ___ Tilt head
- ___ Listen
- ___ 2 breaths
- ___ Flip to back (over arm) (support chin)
- ___ 5 Back blows
- ___ Flip to front (over arm) (support head)
- ___ 5 chest compressions
- ___ 2 breaths
- ___ *They throw up*
- ___ Sweep (pinkie)
- ___ Tilt head lift chin
- ___ Listen
- ___ 2 breaths
- ___ Check pulse
- ___ *Has pulse*
- ___ Call 911 (*if no one has*)
- ___ 1 breath
- ___ one one thousand
- ___ two one thousand
- ___ three

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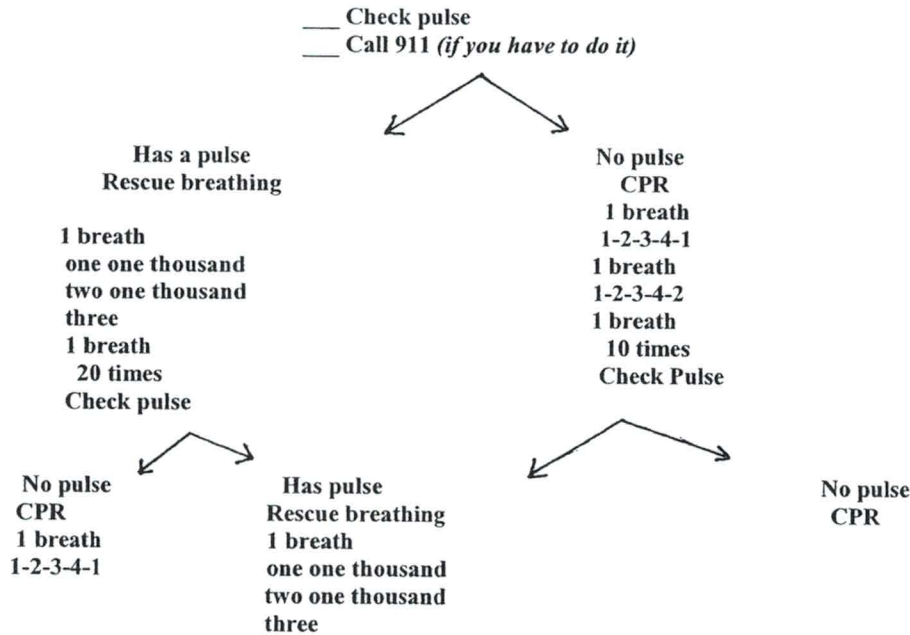
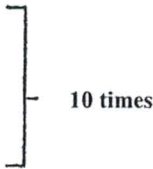
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Infant CPR

- ___ Check scene
- ___ Check victim
- ___ Check for consciousness
- ___ If someone is there, call 911 (*say "you call 911"*)
- ___ Tilt head/lift chin
- ___ Listen
- ___ 2 breaths
- ___ Check pulse (*arm*)
- ___ *No pulse....(remember- 1st time down straight down, any other time 1 breath)*
- ___ Straight to compressions
- ___ Measure with index finger across nipples
- ___ Use middle two fingers.... *Do not remove them*
- ___ One-two-three-four-one
- ___ 1 breath
- ___ One-two-three-four-two
- ___ 1 breath
- ___ One-two-three-four-three
- ___ 1 breath
- ___ After 10 times, ending on a breath



October 1944

Friday

10/1/44

Saturday

10/2/44

Sunday

10/3/44

Monday

10/4/44

Tuesday

10/5/44

Wednesday

10/6/44

Thursday

10/7/44

10/8/44

10/9/44

