- **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

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**

Has pulse

(rescue breathing)
1 breath
one one thousand
two one thousand
three one thousand
four one thousand
five
1 breath
12 times
Check pulse

No pulse
2 breaths
1 and 2 and 3 and 4 and…..15
(CPR)

Has pulse
rescue breathing

No pulse

(Continue CPR)
2 breaths
1 and 2 and 3 and 4 and …..15
2 breaths
1 and 2 and 3 and 4 and …..15
2 breaths
1 and 2 and 3 and 4 and ….. 15
2 breaths
1 and 2 and 3 and 4 and ….. 15
2 breaths
Check pulse

No pulse
CPR

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 chocking**

Give chocking 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

Repeat until 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

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 chocking

___ 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 chocking

___ 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 .....

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-<u>one</u>
___ 1 breath
___ One-two-three-four-<u>two</u>
___ 1 breath
___ One-two-three-four-<u>three</u>
___ 1 breath
___ After 10 times, ending on a breath

10 times

___ Check pulse
___ Call 911 *(if you have to do it)*

Has a pulse
Rescue breathing

1 breath
one one thousand
two one thousand
three
1 breath
20 times
Check pulse

No pulse
CPR
1 breath
1-2-3-4-1
1 breath
1-2-3-4-2
1 breath
10 times
Check Pulse

No pulse
CPR
1 breath
1-2-3-4-1

Has pulse
Rescue breathing
1 breath
one one thousand
two one thousand
three

No pulse
CPR