

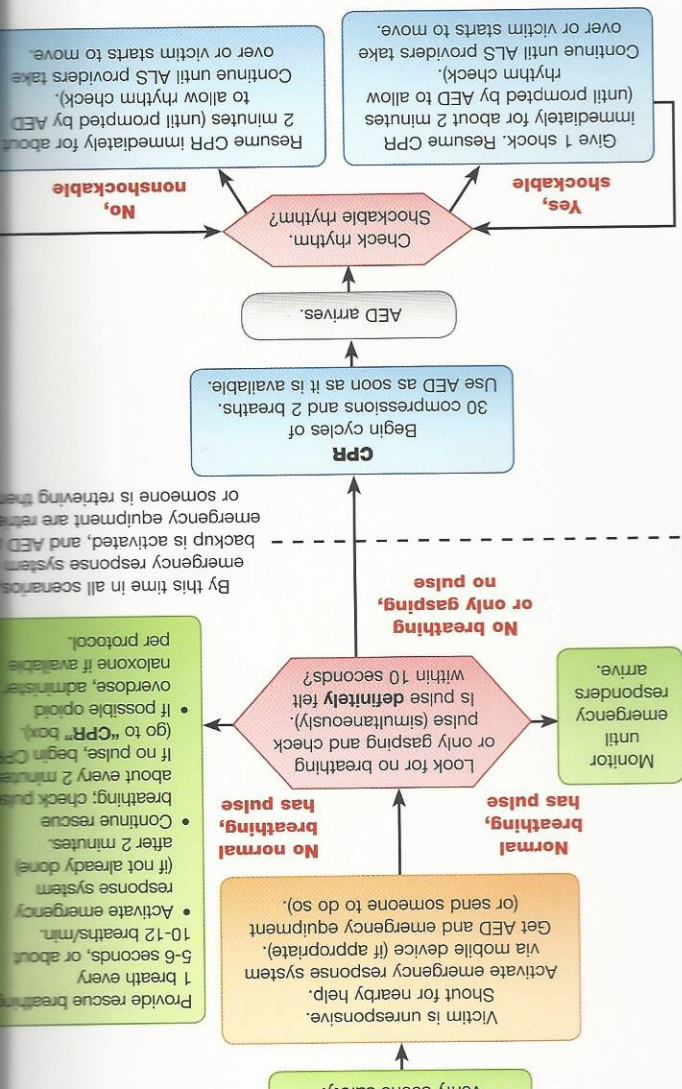
C-A-B



Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include the following:

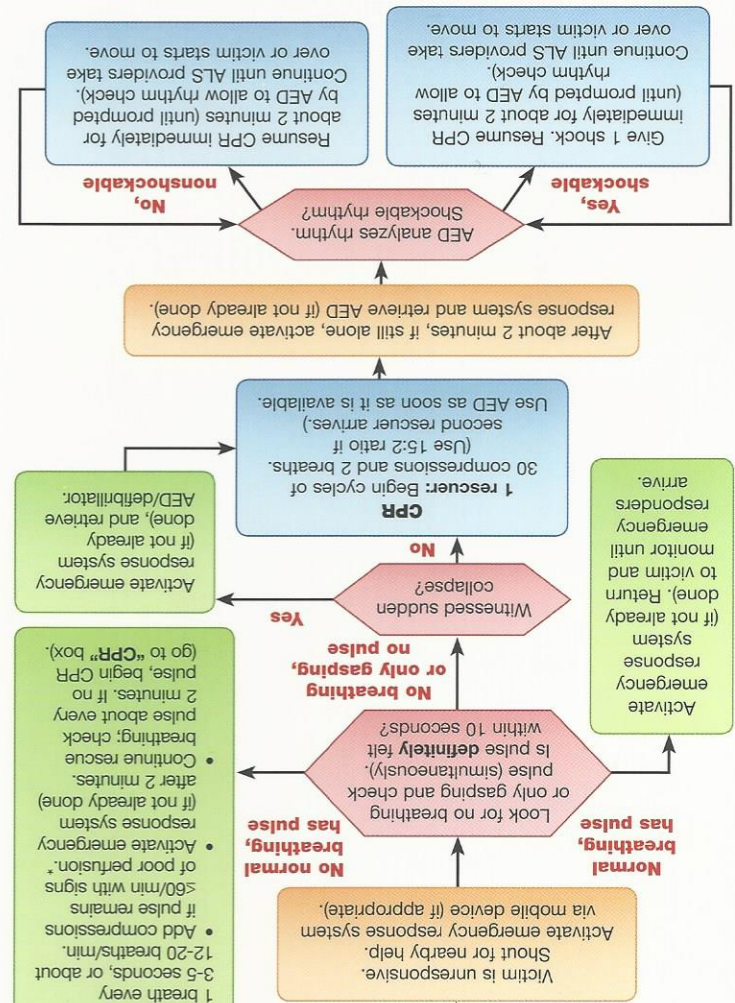
- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast:** Compress at a rate of 100 to 120/min with a depth of
 - At least 2 inches (5 cm) for adults
 - At least one third the depth of the chest, about 2 inches (5 cm), for children
 - At least one third the depth of the chest, about 1 1/2 inches (4 cm), for infants
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to less than 10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**



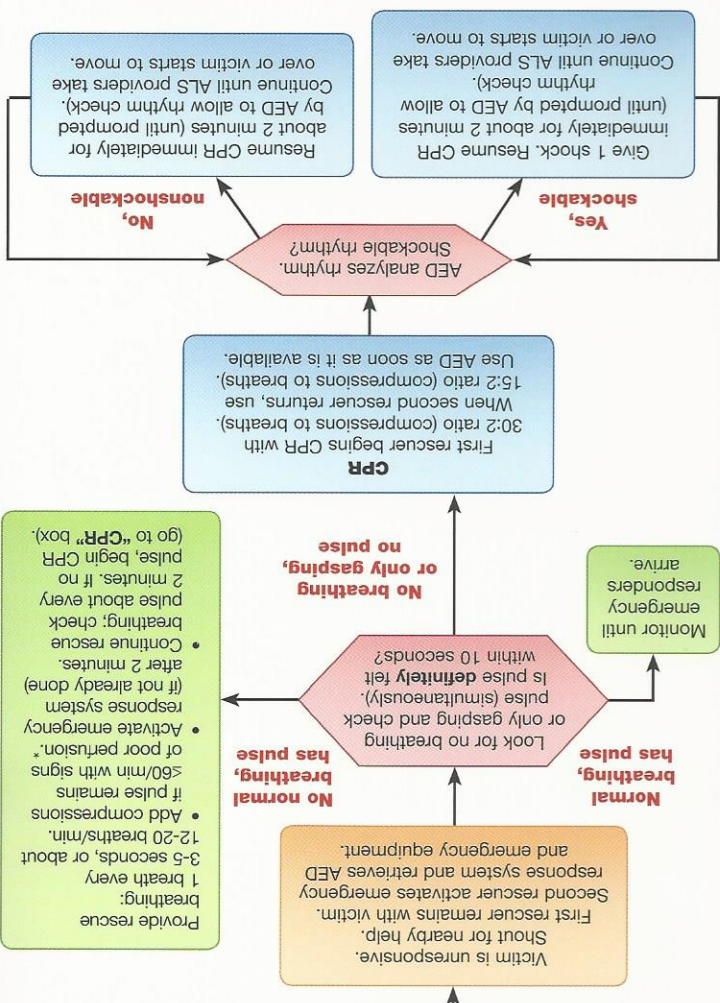
Scene safety	Make sure the environment is safe for rescuers and victim	
Recognition of cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)	
Activation of emergency response system	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Follow steps for adults and adolescents on the left Witnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	
Compression rate	100-120/min	
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest (5 cm) About 2 inches (5 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)
Chest recoil	Allow full recoil of chest after each compression; do not lean on the chest after each compression	
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds	

*Compression depth should be no more than 2.4 inches (6 cm).
 Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.

*Signs of poor perfusion may include cool extremities, decrease in responsiveness, weak pulses, pallor, mottling (patchy skin appearance), and cyanosis (turning blue).



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1. Ask "Are you choking?"
 2. Give abdominal thrusts/Heimlich maneuver or chest thrusts for pregnant or obese victims.
 3. Repeat abdominal thrusts (or chest thrusts if the victim is pregnant or obese) until effective or the victim becomes unresponsive.
1. Ask "Are you choking?"
 2. Give abdominal thrusts/Heimlich maneuver or chest thrusts to relieve the obstruction. Take steps immediately to relieve the obstruction.
 3. Repeat abdominal thrusts until effective or the victim becomes unresponsive.
1. If the victim cannot make any sounds or breathe, severe airway obstruction is present.
 2. Give up to 5 back slaps and up to 5 chest thrusts.
 3. Repeat step 2 until effective or the victim becomes unresponsive.

Victim becomes unresponsive

4. Activate the emergency response system via mobile device (if appropriate) or send someone to do so. After about 2 minutes of CPR, if you are alone with no mobile device, leave the victim to activate the emergency response system (if no one has already done so).
5. Lower the victim to the floor. Begin CPR, starting with chest compressions. Do not check for a pulse.
6. Before you deliver breaths, look into the mouth. If you see a foreign body that can be easily removed, remove it.
7. Continue CPR until advanced providers arrive.