

1

CHECKING FOR RESPONSIVENESS | CHECKING FOR BREATHING

TIP: Use disposable gloves and other personal protective equipment, always check scene for safety first, and obtain consent whenever possible.

+ Check for Responsiveness

Gently shake and shout "Are you OK?"

+ Call 911

- If an unconscious person is face-down, roll face-up, supporting the head, neck and back in a straight line.

+ Check for Breathing

Check quickly for breathing for no more than 10 seconds. Occasional gasps are not breathing.

+ If Person Not Breathing

Bare chest and begin CPR with cycles of 30 compressions and 2 breaths. Apply and use the AED as soon as it's available.



2

USING AN AED (AUTOMATED EXTERNAL DEFIBRILLATOR)

+ POWER on AED

Follow the voice and/or visual prompts.

+ ATTACH Pads

- Use diagram on pads to place pads correctly on person's chest.
- For adults, place one pad on the person's upper right chest and the other on the person's lower left side.

TIP: Use Pediatric pads if available on children under 8. If unavailable, use adult pads.

+ ANALYZE the Heart Rhythm

- Make sure no one, including you, is touching the person.
- Allow the AED to analyze the Heart Rhythm.

+ SHOCK If SHOCK IS ADVISED:

- Make sure no one, including you, is touching the person.
- Say, "EVERYONE, STAND CLEAR."
- Push the "SHOCK" button, if necessary.

+ Resume CPR Immediately

After delivering the shock, or if no shock is advised:

- Leave pads in place and perform 5 cycles (about 2 minutes) of CPR before reanalyzing.



3

PERFORMING CPR

+ Give 30 Chest Compressions

Push hard and fast in the middle of the chest, 2 to 2.4 inches deep and at a rate of 100 to 120 compressions per minute.

TIP: Person must be on firm, flat surface.

+ Give 2 Rescue Breaths

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about 1 second to make the chest clearly rise.
- Give 2 rescue breaths, one after the other.

NOTE: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



+ Continue CPR

- Continue cycles of 30 compressions and 2 breaths
- Reassess after every 5 cycles (or about 2 minutes)
- Continue to follow the prompts of the AED