



American
Red Cross

Adult CPR/AED

SKILLS CARD

Meets
ECC 2000
Guidelines



APPEARS TO BE UNCONSCIOUS

- 1** Check the scene for safety, then check the victim.



- 2** Tap the victim's shoulder and shout to see if the victim responds.

- 3** If the victim does not respond...
Call, or have someone else call, 9-1-1 or the workplace emergency number.

- 4** Without moving the victim, look, listen, and feel for breathing for about 5 seconds.



- 5** If the victim is unconscious, but is breathing and shows signs of circulation...Place him or her in the recovery position.

- Turn the victim to the opposite side after 30 minutes or if signs of circulation to the lower arm are lost.



- 6** If the victim is not breathing or you cannot tell... Roll the victim onto the back, while supporting the head and neck.

TIP: Apply basic precautions to prevent disease transmission. Use protective equipment (disposable gloves/breathing barriers). Wash your hands immediately after giving care.



- 7** Tilt the head back and lift the chin to open the airway.
• Look, listen, and feel for breathing for about 5 seconds.

TIP:
If you suspect a head, neck, or back injury, you can use the jaw thrust maneuver. Minimize movement of the head and neck when opening the airway.



- 8** If the victim is not breathing... Give 2 rescue breaths.
• Tilt the head back and lift the chin to open the airway.
• Pinch the nose shut.
• Take a breath and breathe slowly into the victim.

9 If breaths do not go in...
GO TO Unconscious Choking, Step 1.



- 9** If breaths go in... Check for signs of circulation.
• Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
• Check for signs of circulation for no more than 10 seconds.
• Look for severe bleeding.

GO TO **Next Care/Steps**

NEXT CARE STEPS



if there are signs of circulation and breathing...

Monitor victim's circulation and breathing and place victim in recovery position.



if there are no signs of circulation and no AED...
CPR



if unconscious and breaths do not go in...
Unconscious Choking



if there is no pulse and the AED is ready to use...
Using an AED



if there is no pulse and the AED is on the way...
**CPR in Progress/
Using an AED**

if there are signs of circulation and no breathing...
Rescue Breathing

StayWell

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Conscious Choking

CANNOT COUGH, SPEAK, OR BREATHE

1

Check the scene and the victim.

- Ask the victim if he or she is choking.
- Identify yourself and ask the victim if you can help.
- If the victim is coughing forcefully, encourage continued coughing.

2

**If the victim cannot cough, speak, or breathe...
Have someone else call 9-1-1 or the workplace emergency number.**



3

Give abdominal thrusts.

- Place the thumb side of your fist just above the victim's belly button.
- Grab your fist with your other hand.
- Give quick, upward thrusts.

4

Continue giving abdominal thrusts until...

- The object is forced out.
- The victim becomes unconscious.



**if the victim becomes unconscious...
GO TO Unconscious Choking, Step 3.**

TIPS:

- Be sure to get permission before caring for a conscious victim. Tell the victim your level of training and the care you are going to provide.
- If you are alone and choking, you can give yourself abdominal thrusts by leaning over a firm object, such as the back of a chair, and pressing your abdomen into it.
- If a victim is pregnant or too large for you to give abdominal thrusts, give chest thrusts. To give chest thrusts, grab your fist with your other hand, place the thumb side of your fist on the center of the breastbone, and give quick thrusts into the chest.

Unconscious Choking

UNCONSCIOUS. BREATHS DO NOT GO IN



- 1 If breaths do not go in...
Reposition the airway by tilting the head further back and give 2 rescue breaths again.

- Tilt the head back and lift the chin to open the airway.
- Pinch the nose shut.
- Take a breath and breathe slowly into the victim.



- 2 Give 15 chest compressions.

- Find hand position on the breastbone.
- Position the shoulders over the hands.
- Compress the chest about 2 inches deep.



- 3 Look for an object.

- Lift the jaw and tongue and look inside the mouth.
- If you see an object, sweep it out with a finger.

- 4 Give 2 rescue breaths.

- Complete Steps 1-8
Checking an Unconscious Victim.



- 5 If the breaths still do not go in...
Continue steps 2-5.

OR

If the breaths go in...
Check for signs of circulation.

- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
- Check for signs of circulation and breathing for no more than 10 seconds.

- 6 If there are signs of circulation
and breathing...

- GO TO Checking An
Unconscious Victim, Step 5.

OR

- GO TO CPR.



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Rescue Breathing

NO BREATHING, SHOWS SIGNS OF CIRCULATION



If the victim shows signs of circulation but is not breathing...
Give 1 rescue breath.

- Tilt the head back and lift the chin to open the airway.
- Pinch the nose shut.
- Take a breath and breathe slowly into the victim until the chest clearly rises.

Continue to give 1 rescue breath about every 5 seconds.

- Do this for about 1 minute (12 breaths).



Recheck for signs of circulation.

- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
- Check for signs of circulation and breathing for no more than 10 seconds.

If there are signs of circulation but no breathing...
Continue Rescue Breathing.

OR

If there are no signs of circulation...
GO TO CPR and Using An AED.

Complete Steps 1-9
Checking an Unconscious Victim.

TIPS:

- If a breathing barrier is not available, you may give breaths without one.
- If you cannot make a tight seal over the victim's mouth, breathe into the nose instead. Make sure the victim's mouth is completely closed.
- Always recheck circulation then breathing about every minute when giving rescue breathing.

Glossary

ABDOMINAL THRUSTS:

A technique for unblocking a completely obstructed airway by compressing the abdomen; also called the Heimlich maneuver.

ADAM'S APPLE:

The projection at the front of the throat formed by cartilage from the voicebox; often more prominent in men.

AUTOMATED EXTERNAL DEFIBRILLATOR (AED):

A semiautomatic device that recognizes a heart rhythm that requires a shock and prompts a responder to deliver the shock.

BREASTBONE:

A long, flat bone in the center of the chest that supports most of the ribs. You compress the chest on the breastbone when giving CPR.

BREATHING BARRIER:

Equipment used to give breaths to a victim; prevents the responder from making direct contact with the victim's mouth.

CARDIOPULMONARY RESUSCITATION (CPR):

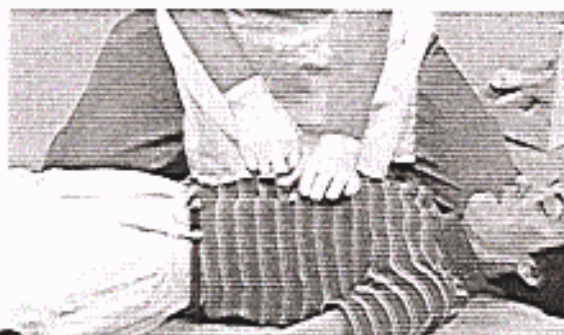
A skill that combines giving breaths and chest compressions to a person whose breathing and heart have stopped.

CPR CYCLE:

A cycle of CPR is 15 compressions and 2 rescue breaths.

SIGNS OF CIRCULATION:

Include normal breathing, coughing or movement in response to rescue breaths, and a pulse.

NO BREATHING, NO SIGNS OF CIRCULATION

- 1** If the victim shows no signs of circulation...
Find hand position on breastbone.

- Find notch at lower end of the breastbone and place the heel of one hand next to and above this notch.
- Place your other hand on top.



- 2** Give 15 compressions.
- Position the shoulders over the hands.
 - Compress the chest about 2 inches deep.



- 3** Give 2 rescue breaths.
- Tilt the head back and lift the chin to open the airway.
 - Pinch the nose shut.
 - Take a breath and breathe slowly into the victim.

- 4** Do about 3 more cycles of 15 compressions and 2 rescue breaths.

- 5** Complete Steps 1-9
Checking an Unconscious Victim.



- 5** Recheck for signs of circulation.
- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
 - Check for signs of circulation for no more than 10 seconds.

- 6** If there are signs of circulation but no breathing...

GO TO Rescue Breathing.

OR

If there are no signs of circulation...

Continue CPR.

NOTE: Continue CPR until—

- The scene becomes unsafe.
- You can see or feel signs of circulation.
- The AED is ready to use.
- You are too exhausted to continue.
- Another trained responder arrives and takes over.

TIPS:

- Use your body weight, not your arms, to compress the chest.
- Keep your elbows locked and fingers off the chest when giving compressions.
- Always recheck for signs of circulation every few minutes when giving CPR. Four CPR cycles should take about 1 minute.

Using an AED

NO BREATHING, NO PULSE, AED READY TO USE



Complete Steps 1-9
Checking an Unconscious Victim.



1 If the victim shows no signs of circulation (pulse)...
Turn on the AED.

2

Prepare to use the AED.

- Wipe the victim's chest dry.
- Attach the pads to the victim.
 - Place one pad on the victim's upper right chest, and the other pad on the victim's lower left side.
- Plug the electrode cable into the AED.

3

Let the AED analyze the victim's heart rhythm (or push the "analyze" button).

- Make sure no one is touching the victim.
- Say, "Everyone stand clear."



4 Deliver a shock if prompted.

If the AED advises a shock is needed...

- Make sure no one is touching the victim.
- Say, "Everyone stand clear."
- Deliver a shock when prompted by pushing the "shock" button.
- Repeat Step 5.

OR

If the AED advises no shock is needed...
Check the pulse.

- Find the Adam's apple and slide your fingers toward your ear and down into the groove at the side of the neck.
- Feel for a pulse for no more than 10 seconds.

5

If there is a pulse...

GO TO **Next Care Steps**

OR



If there is no pulse...
Do CPR until the AED reanalyzes.

Location of the AED:

Local Emergency Number:

Workplace Emergency Number:


TIP:

- Do not remove pads, even if the victim's pulse returns.

CPR in Progress/Using an AED

NO BREATHING, NO PULSE, AED ON THE WAY

- 1** Do CPR until the AED is ready to use.

 Go to CPR steps 1-6



- 2** When the AED is ready to use...
Recheck the pulse.
- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
 - Feel for a pulse for no more than 10 seconds.

- 3** If the victim shows no circulation (pulse)...
Turn on the AED.



- 4** Prepare to use the AED.
- Wipe the victim's chest dry.
 - Attach the pads to the victim.
 - Place one pad on the victim's upper right chest, and the other pad on the victim's lower left side.
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Checking an Unconscious Victim.

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- 6** Deliver a shock if prompted.

If the AED advises a shock is needed...

- Make sure no one is touching the victim.
- Say, "Everyone stand clear."
- Deliver a shock when prompted by pushing the "shock" button.
- Repeat Step 5.

OR


If the AED advises no shock is needed...
Check the pulse.

- Find the Adam's apple and slide your fingers toward you and down into the groove at the side of the neck.
- Feel for a pulse for no more than 10 seconds.

- 7** If there is a pulse...

GO TO **Next Care Steps**

OR

-  If there is no pulse...
Do CPR until the AED reanalyzes.



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