



CPR Guidelines

30 Compressions: 2 Breaths: 5 cycles: 2 minutes
For **EVERYONE!!**

- **“Hands Only” CPR**
 - Chest compressions only
 - Push fast and hard without stopping
 - Downloadable apps for smart phones
 - CPR Tempo
- **“Traditional” CPR for Laypersons (not medically trained)**
 - Check for
 - Responsiveness
 - Breathing
 - Initiate CPR as follows
 - **C**ompressions: Fast and hard (“Staying Alive”)
 - **A**irway (Head Tilt/Chin Lift or Jaw Thrust)
 - **B**reaths: Slow and just enough to see chest rise
 - Do CPR for 5 cycles or 2 minutes and then re-check for
 - Responsiveness
 - Breathing
 - If necessary, continue CPR
- **Healthcare Provider CPR**
 - Check for
 - Responsiveness
 - Breathing
 - Pulse: Check for no longer than 10 Seconds
 - If patient has no pulse and is not breathing, initiate C PR
 - **C**ompressions: Fast and hard (“Staying Alive”)
 - **A**irway (Head Tilt/Chin Lift or Jaw Thrust)
 - **B**reaths, 2 (slow and just enough to see chest rise)
 - If patient has a pulse but is not breathing, initiate Rescue Breaths
 - Adults: 1 breath every 5 seconds (2 minutes)
 - Pediatric: 1 breath every 3 seconds (2 minutes)
 - For either option above, reassess patient for pulse and breathing and continue CPR or Rescue Breathing as needed.



First Aid

Control of Bleeding

- Use Protection (i.e. disposable gloves)
- To Control Bleeding:
 - Cover bandage (something clean)
 - Apply Direct Pressure to the injury
 - Elevate injury above the heart
 - Tourniquets (as a last resort)
- Managing Shock
 - Shock is caused by poor blood flow that creates a shortage of oxygen to the body tissues
 - Call 911
 - Lay person flat on floor
 - Maintain a normal body temp

Muscle and Bone Injuries

- Keep person/injury still
- Protect the airway
- Lack of obvious injury does not necessarily mean there is no injury.
- If 911 response is significantly delayed:
 - Splint injury in position found
 - Pad injured area (i.e. a pillow)
 - Use something rigid to stabilize injury
 - Immobilize injury as well as the joint above and below
 - Ensure that circulation is not cut off

Facial Injuries

- Chemicals in Eye
 - Hold eye open and flush with water at least 15-30 minutes (remove contacts)
 - Seek medical care for chemical burns
- Nosebleed
 - Pinch nose closed (hold for at least 10 minutes)
 - Have person tilt head forward
 - Apply ice to bridge of nose
- Injured Tooth
 - Control Bleeding
 - Rinse off tooth (do not touch root)
 - If possible, put tooth back in socket, if not keep tooth moist (saliva, milk, sports drinks).
 - Get person to dentist ASAP

Burns

- Cool burn with water ASAP.
- Do not pop blisters
- Cover the burn with clean pad
- Call 911 for Severe burns (i.e. burns to face or sensitive areas, burns that are large in size or go deep into the tissue)

Sudden Illness

- Heart Attack – loss of blood flow to a portion of the heart muscle
 - Signs:
 - Difficulty breathing
 - Pain that radiates to Jaw, arm or back
 - Pain in chest area along with light headaches and nausea
 - What to Do:
 - Call 911
 - Sit/recline person in position of comfort
 - Loosen tight clothing
 - Give Aspirin (If not allergic)
 - Approximately 325mg (4 baby aspirin)
- Stroke – Blood supply has been interrupted to part of the brain
 - Signs:
 - Numbness or weakness of face, arm or leg especially on one side.
 - Person appears confused.
 - Slurring of speech
 - Severe, sudden headache
- Diabetes – body cannot effectively use sugar for energy
 - Signs:
 - May appear intoxicated or out of it.
 - Breath has sweet or fruity smell
 - If the person can swallow, give them something sugary (orange juice, glucose tablets, jelly beans)
- Seizure – caused by excessive electrical activity in the brain.
 - Help person to ground
 - Do not restrain them
 - Do not put something in their mouth
- Asthma – irritants trigger a reaction that causes the airway passages of the lungs to narrow.
 - Use prescribed inhaler
 - If no improvement, call 911

Poisoning

- Call 911 or Poison control (1-800-222-1222)
- Identify: (Use your best guess)
 - What was it?
 - How much was taken in?
 - How long ago?
- Do not automatically induce vomiting, follow instructions on phone call.

Bites and Stings

- Clean bite area with soap and water
- If swelling occurs, remove jewelry near affected area
- For Snake bites: Get Away from the Snake! Then stay calm, keep the bite area still and below the heart, call 911

Environmental Emergencies

- Heat Exhaustion - Light headed, nausea, skin is cool and clammy
 - Get person to cool area, use fan and cool, wet cloths to cool person down.
 - Drink cool fluids, slowly (Sports Drinks)
- Heat Stroke – body cannot shed heat due to overexertion in hot, humid environment
 - Signs: Person is red, very warm or even hot to touch. Skin may even be dry
 - Get person to cool area, use fan and cool, wet cloths to cool person down
 - Call 911
- Hypothermia – body temp has decreased to 95 degrees Fahrenheit or less
 - Signs: Body processes become impaired or fail, Pale and cold skin, uncontrollable shivering, altered mental status
 - Remove wet clothing, cover person with something warm and dry
 - Cover head and neck to retain heat
- Frostbite – skin and tissue have frozen
 - Early signs are pins and needles sensation and throbbing
 - Late signs are loss of feeling and firm pale, numb skin
 - Do Not Rub or Massage.

C.P.R. Quiz

1. What 3 letters are used to remind you of the steps for CPR?
 - a. CBS
 - b. FOX
 - c. ABC
 - d. CAB (Compressions, Airway and Breathing-if you are willing)
2. Why do we tilt the patient's head back?
 - a. To shift the tongue off the back of the throat
 - b. To make it easier to push on the chest
 - c. To see their flexibility
 - d. To check for the pulse
3. What is the compression to breath ratio?
 - a. 30 breaths to 2 compressions
 - b. 15 compressions to 15 breaths
 - c. 30 compressions to 2 breaths
 - d. 5 compressions to 1 breath
4. What is the most common reason that children require CPR?
 - a. Respiratory or breathing problem
 - b. Falling off of a roof
 - c. Heart Condition
 - d. Children never require CPR
5. What is the maneuver called that is used to open the airway?
 - a. "Neck Shift"
 - b. "Head Tilt, Chin Lift"
 - c. "Head Thrust"
 - d. "Noggin Rotation"
6. Breathing is a mandatory part of CPR and should be done simultaneously with chest compressions
 - a. True
 - b. False
7. What is the landmark on the chest that is used to determine where to push for compressions?
 - a. Belly Button
 - b. Center of the chest, between the nipples
 - c. Adam's Apple
 - d. Abdomen
8. If we meet resistance when we breathe for people, what might that be an indication of?
 - a. An object is in the person's airway
 - b. Resistance is normal when we breathe for people
 - c. Heart attack
 - d. The person has a thick neck
9. If a "dead" person vomits, it means that they are now alive.
 - a. True
 - b. False
10. Out of everything discussed in the class today, what does the instructor want you to remember?
 - a. CPR is hard and not many people can do it
 - b. You have to keep your CPR certification up to date in order to do CPR
 - c. CPR is needed for people who are not breathing, perfection is not necessary – you can do this!
 - d. All people must check for a pulse prior to doing CPR.

