

HEART SAVER CPR

REVIEW SHEET

ADULT

**Check for
RESPONSE & BREATHING**

TAP shoulders & SHOUT

"Are you OK?"

Scan chest for movement

If no response &/or breathing:

YELL FOR HELP

If someone comes - tell them to call 911 and get AED if available)

If no one comes -YOU must call 911 and get the AED

Move/remove clothing that will get in the way of performing CPR or using the AED

START CPR

CHILD

**Check for
RESPONSE & BREATHING**

TAP shoulders & SHOUT

"Are you OK?"

Scan chest for movement

If no response &/or breathing:

YELL FOR HELP

If someone comes - tell them to call 911 and get AED if available)

If no one comes - GO TO CPR
(Do 5 cycles of CPR before leaving the child to call 911 or get an AED

Move/remove clothing that will get in the way of performing CPR or using the AED

START CPR

INFANT

**Check for
RESPONSE & BREATHING**

FOOT FLICK & SHOUT

"Are you OK?"

Scan chest for movement

If no response &/or breathing:

YELL FOR HELP

If someone comes - tell them to call 911 and get AED if available)

If no one comes - GO TO CPR
(Do 5 cycles of CPR before leaving the child to call 911 or get an AED

Move/remove clothing that will get in the way of performing CPR or using the AED

START CPR

30 CHEST COMPRESSIONS
(TWO hands; at center of chest along nipple line)

speed: at least 100x per minute

♪ "Stayin' Alive" ♪

PUSH HARD ~ PUSH FAST

2 BREATHS

(look for the chest to rise)

30 CHEST COMPRESSIONS
(Heel of ONE hand; at center of chest along nipple line . . . May use TWO Hands for larger children)

speed: at least 100x per minute

♪ "Stayin' Alive" ♪

PUSH HARD ~ PUSH FAST

2 BREATHS

(look for the chest to rise)

30 CHEST COMPRESSIONS
(TWO fingers of ONE hand; at center of chest, one finger's width below the nipple line)

speed: at least 100x per minute

♪ "Stayin' Alive" ♪

PUSH HARD ~ PUSH FAST

2 BREATHS

(look for the chest to rise)

Once you begin CPR, do not stop unless:

1. AED arrives (see next section)
2. The victim begins to move
3. Advanced help arrives
4. You are too tired to continue
5. Scene becomes unsafe

AED - ADULTS

Use the AED with ADULT PADS as soon as it is available

If a SHOCK is delivered, IMMEDIATELY RESUME CPR after the shock.

Once the AED is ON, it stays ON.
Once pads are attached to the victim, they stay attached.

RECO VERY

If the victim begins to move
Stop CPR
Roll victim into side recovery position until help arrives.
Continue to monitor the victim.

If you are alone, CALL 911 after 5 cycles of CPR
Otherwise, continue CPR until:

1. AED arrives (see next section)
2. The victim begins to move
3. Advanced help arrives
4. You are too tired to continue
5. Scene becomes unsafe

AED - CHILDREN ages 1 - 8

Use the AED with CHILD PADS as soon as it is available

If a SHOCK is delivered, IMMEDIATELY RESUME CPR after the shock.

Once the AED is ON, it stays ON.
Once pads are attached to the victim, they stay attached.

RECOVERY

If the victim begins to move
Stop CPR
Roll victim into side recovery position until help arrives.
Continue to monitor the victim.

If you are alone, CALL 911 after 5 cycles of CPR
Otherwise, continue CPR until:

1. AED arrives (see next section)
2. The victim begins to move
3. Advanced help arrives
4. You are too tired to continue
5. Scene becomes unsafe

AED - INFANTS (less than 1 yrs. Old)

Use the AED with CHILD PADS as soon as it is available

If a SHOCK is delivered, IMMEDIATELY RESUME CPR after the shock.

Once the AED is ON, it stays ON.
Once pads are attached to the victim, they stay attached.

RECOVERY

If the victim begins to move
Stop CPR
Roll victim into side recovery position until help arrives.
Continue to monitor the victim.