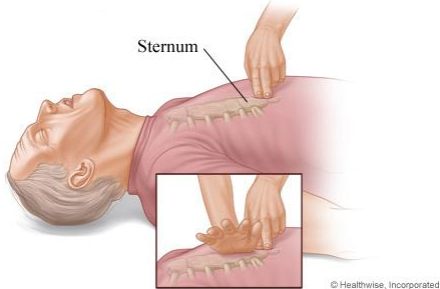



CPR Basics: OVERVIEW

What to do	Recommendations for:		
	Adults and older children who have reached puberty	Young children until the age of puberty	Babies younger than 1 year
When to call for emergency help	Call before starting CPR and get an AED, if there is one nearby.	Do CPR for 2 minutes. Then call and get an AED, if there is one nearby.	Do CPR for 2 minutes. Then call and get an AED, if there is one nearby.
If the person is not breathing normally or is gasping, find the spot to do chest compressions.	Place two fingers on the spot where the ribs come together. Put the heel of your other hand just above your fingers on the breastbone. 	Place two fingers on the spot where the ribs come together. Put the heel of your other hand just above your fingers on the breastbone.	Place two fingers on the breastbone just below the nipple line. 
How do you give chest compressions?	Use the heel of one hand with the other hand stacked on top of it. Lace your fingers together.	Use the heel of one hand. If you need more force for a larger child, use both hands as you would for an adult.	Use two fingers.
How fast should you do compressions?	Do at least 100 compressions per minute (between 1 and 2 per second).	Do at least 100 compressions per minute (between 1 and 2 per second).	Do at least 100 compressions per minute (between 1 and 2 per second).
How far down should you press the chest?	Press the chest down at least 5 cm (2 in.).	Press the chest down at least one-third of the depth of the child's chest [about 5 cm (2 in.)].	Press the chest down at least one-third of the depth of the baby's chest [about 4 cm (1.5 in.)].
If you are trained in CPR, how many compressions and breaths do you give? Note: Rescue breathing may be more important to do for children and babies than for adults.	30 compressions, 2 breaths. Repeat this 30/2 cycle until help arrives or person breathes on his or her own.	30 compressions, 2 breaths. Repeat this 30/2 cycle until help arrives or child breathes on his or her own.	30 compressions, 2 breaths. Repeat this 30/2 cycle until help arrives or baby breathes on his or her own.

Using an automated external defibrillator (AED)

Automated external defibrillators (AEDs) are machines that are programmed to safely deliver an electrical shock to a person who has collapsed from a heart problem. Each AED has instructions for that machine.

AEDs are often placed in public buildings in visible areas. Before an AED is used, all the steps for CPR must be followed. The AED has a computer inside that will "speak" instructions for when to continue CPR and when to check for a heart rhythm (pulse). The AED must be placed next to the person who has collapsed. Then it must be turned on, and all the commands must be followed.

<http://www.healthlinkbc.ca/kb/content/special/sid44428.html#sid44428-sec>