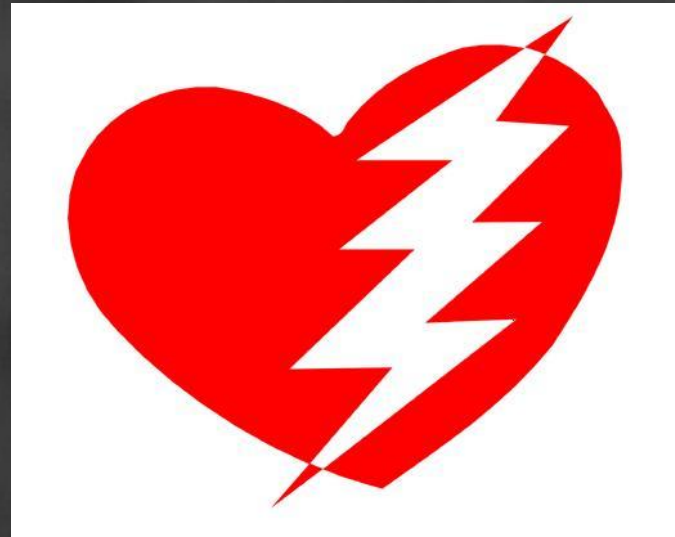




# RESPIRATORY AND CARDIAC ARREST



# Compression ONLY CPR

- Uses chest compressions to pump the heart and circulate the oxygen that is already in the person's body
- It can be used when:
  - An adult collapses suddenly
  - A first aider is uncomfortable or unable for any reason to perform full CPR
  - A responder does not have a breathing barrier (mask or face shield)
- It should not be used for:
  - A drowning person
  - A respiratory emergency causing the cardiac arrest
  - A child or baby



# Simplifying to hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

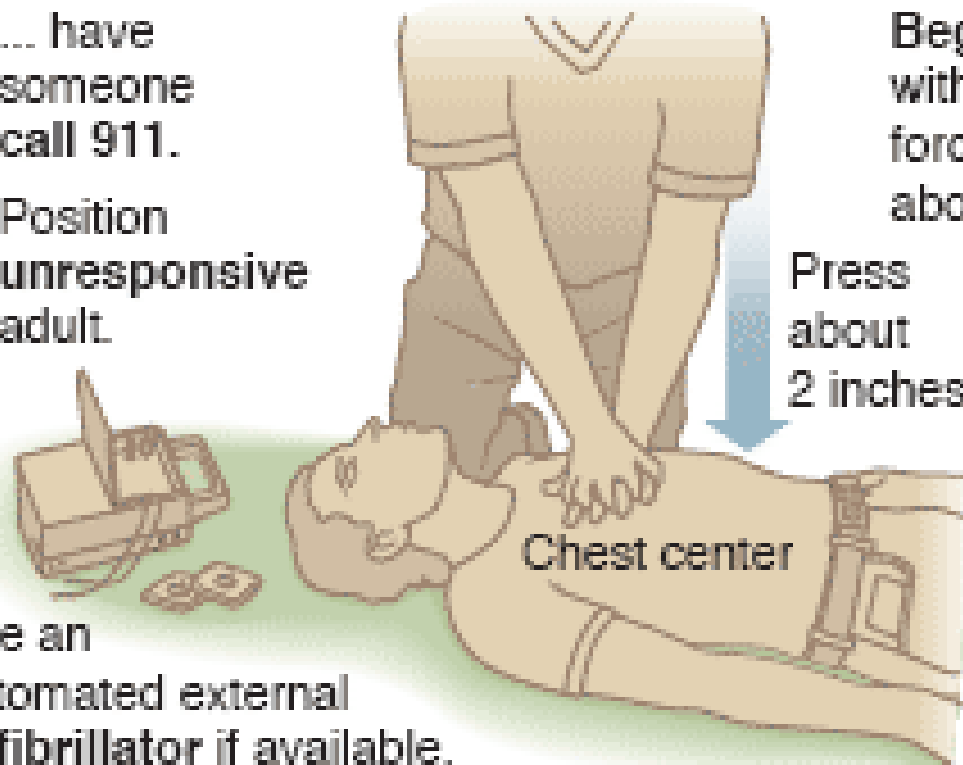
**If you see someone collapse ...**

... have  
someone  
call 911.

Position  
**unresponsive**  
adult.

Use an  
automated external  
defibrillator if available.

Keep CPR interruptions to a minimum.



Begin hands-only CPR  
with straight arms and  
forceful compressions at  
about 100 a minute.

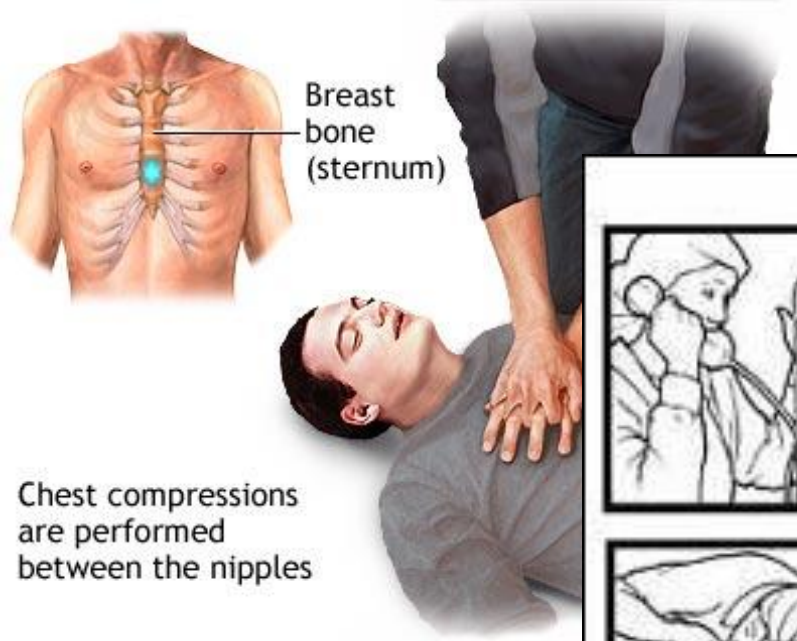
Press  
about  
2 inches

Lift hands slightly  
after each to allow  
chest to recoil.

Take turns with  
a bystander until  
emergency  
medical services  
arrive.

# RESPIRATORY AND CARDIAC ARREST FOR AN ADULT OR CHILD

- **CHECK** the scene, **CHECK** the person
- **CALL** 9-1-1 and get AED
- If you are alone, do 5 cycles (2 min) of CPR then go and call 9-1-1 and return
- **CARE:**
  - Start CPR
  - Place the heel of one hand on the middle of the person's chest and start 30 compressions
  - Give 2 rescue breaths (head-tilt-chin-lift, pinch nose)
  - Repeat cycle 30 compressions, 2 breaths
  - Continue CPR until AED arrives, EMS arrives



Breast  
bone  
(sternum)

Chest compressions  
are performed  
between the nipples

[http://www.youtube.com/  
watch?v=t97wKoYwk2I](http://www.youtube.com/watch?v=t97wKoYwk2I)

**LET'S  
PRACTICE!!!**



**STEP 1  
CALL 911**



**STEP 2  
TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**STEP 3  
GIVE TWO  
BREATHS**



**STEP 4  
POSITION  
HANDS IN THE  
CENTER OF  
THE CHEST**



**STEP 5  
FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
30 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**

# RESPIRATORY AND CARDIAC ARREST FOR A BABY

- **CHECK** the scene, **CHECK** the person
- **CALL** 9-1-1 and get AED
- If you are alone, do 5 cycles (2 min) of CPR then go and call 9-1-1 and return. If you don't suspect a head or spine injury, you can take the baby with you to call
- **CARE:**
  - Start CPR
  - Keep the airway open by using your hand to maintain a head-tilt
  - Place two fingers in the middle of the baby's chest and start 30 compressions
  - Give 2 rescue puffs (head-tilt-chin-lift, mouth over the baby's mouth and nose)
  - Repeat cycle 30 compressions, 2 puffs
  - Continue CPR until AED arrives, EMS arrives

# WHEN THE AED ARRIVES...

- Open and turn on the AED
- Remove clothing (including jewelry) from the person that may come in contact with the pads.
- Remove any medical patches using gloves
- Ensure chest is dry and shave hair so pads stick (if no razor in the kit, use the extra set of pads to pull hair off)
- Follow the diagrams on the pads to place them in person. Use the appropriate pads for adult, child or baby
- Check whether or not the person has a pacemaker and if so, place the AED 2.5 cm away from the pacemaker
- Follow AEDs prompts
- When the AED prompts you to give a shock, "I'm clear, you're clear, everybody's clear"

<http://www.youtube.com/watch?v=vmeC9jyBFrw>

