

CPR SURVIVAL GUIDE

1. Size up the Scene
2. Put on gloves
3. Check for consciousness (Tap & Shout)
4. Activate EAP (Blow whistle) (Call 911)
5. Check for signs of life (Movement and breathing) 10 seconds
6. Give **2 Rescue Breaths**

If breaths do not go in...

Retilt & Retry (round 1 only!)

If breaths **STILL** do not go in...

1. 5 chest compressions
2. Check the mouth (sweep if you see something)
- 3.

If breaths do go in...

Check pulse and breathing—10 seconds

If Pulse but no breathing....

- **Rescue Breathing** (2 min)
1:5 (A) 1:3 (C) 1:3 (I)

If No Pulse...

- **CPR**
1 person 30:2(A) 30:2(C) 30:2(I)
2 person 30:2(A) 15:2(C) 15:2(I)
2"-1 ½"(A) 1 ½"—1"(C) 1" - ½"(I)
Continue CPR until:

1. EMS Arrives & takes over
2. Someone of equal or higher training
3. AED is ready to use
4. Scene has become unsafe
5. Victim starts showing signs of life
6. You become to physically exhausted to continue