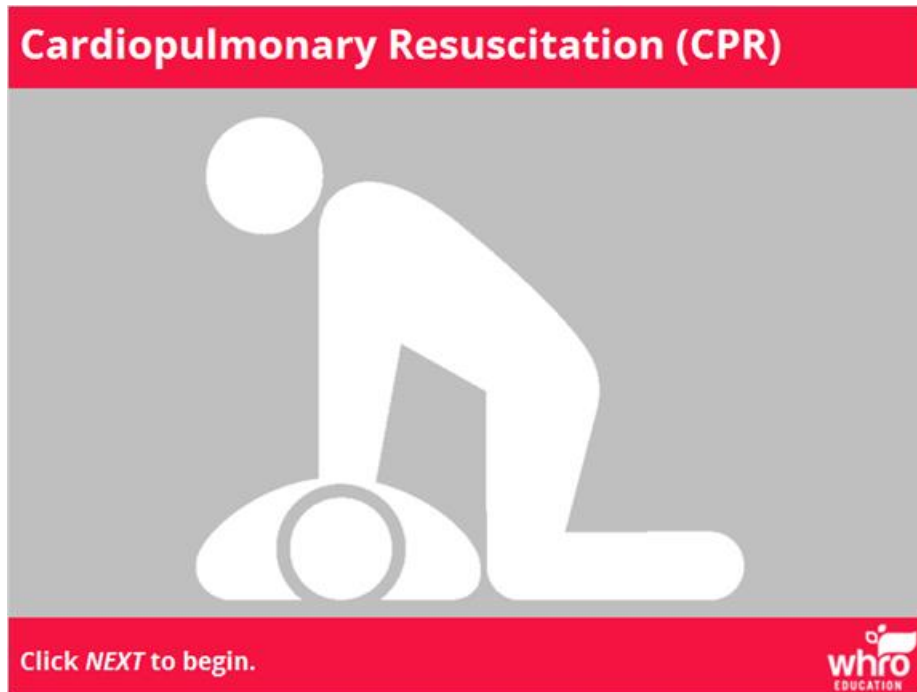


Module 5: Keeping It Together
Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Introduction



Cardiopulmonary resuscitation

Click **NEXT** to begin.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Before Adult CPR

Adult Cardiopulmonary Resuscitation (CPR)

Before you begin CPR on an adult, there are certain steps you must take to ensure your own safety and to make sure that an emergency response team is on the way.

1. Ensure scene safety
2. Check for a response
3. Shout for help and call 9-1-1
4. Provide ABC care
5. Begin CPR



Before

Before you begin CPR on an adult, there are certain steps you must take to ensure your own safety and to make sure that an emergency response team is on the way. First, ensure that the scene is safe for you to enter. If the scene is safe, check the individual for a response. If the individual does not respond, shout for help and call 9-1-1, so that emergency medical technicians can be dispatched. Ensure that the phone is at the side of the victim and that you can hear the operator. This will help the emergency response team provide instructions and ask questions.

Once the emergency response team is alerted, provide ABC care by making sure the airway is not obstructed. Check for the rise and fall of the victim's chest, and check for a pulse. If the victim is still not responding, begin CPR with compressions.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

CPR Steps - Adult


CPR Steps - Adult

Step 1 To perform cardiopulmonary resuscitation on an adult, you need to follow four steps. You should continue with CPR until the individual responds, or until the emergency response team arrives and takes over.

Step 2

Step 3

Step 4



Click each step to learn about the four steps involved with adult CPR. Start with Step 1.

To perform cardiopulmonary resuscitation on an adult, you need to follow four steps. You should continue with CPR until the individual responds, or until the emergency response team arrives and takes over.

Click each step to learn about the four steps involved with adult CPR. Start with Step 1.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 1: 30 Chest Compressions

Step 1

Step 1 Interlock fingers and lock elbows, push firmly at least two inches deep. Perform compressions at a rate of at least three compressions every two seconds.

Step 2

Step 3

Step 4

30 Chest Compressions

Interlock fingers and lock elbows, push firmly at least two inches deep. Perform compressions at a rate of at least three compressions every two seconds.

Module 5: Keeping It Together
Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 2: Open Airway

Step 2

Step 1 Interlock fingers and lock elbows, push firmly at least two inches deep. Perform compressions at a rate of at least three compressions every two seconds.

Step 2 Place your palm on the individual's forehead and gently tilt his or her head back. With your other hand, gently lift their chin forward to open airway. Check for normal breathing.

Step 3

Step 4

Open airway

Place your palm on the individual's forehead and gently tilt his or her head back. With your other hand, gently lift their chin forward to open airway. Check for normal breathing.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 3: Two Breaths

Step 3

Step 1 Interlock fingers and lock elbows, push firmly at least two inches deep. Perform compressions at a rate of at least three compressions every two seconds.

Step 2 Place your palm on the individual's forehead and gently tilt his or her head back. With your other hand, gently lift their chin forward to open airway. Check for normal breathing.

Step 3 Keep the airway open, pinch the nostrils shut, and cover the individual's mouth with yours. Give two gentle breaths. Each breath should last one full second. Look to see if the chest rises with each breath.

Step 4

Two Breaths

Keep the airway open, pinch the nostrils shut, and cover the individual's mouth with yours. Give two gentle breaths. Each breath should last one full second. Look to see if the chest rises with each breath.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 4: Repeat

Step 4

Step 1

Interlock fingers and lock elbows, push firmly at least two inches deep. Perform compressions at a rate of at least three compressions every two seconds.

Step 2

Place your palm on the individual's forehead and gently tilt his or her head back. With your other hand, gently lift their chin forward to open airway. Check for normal breathing.

Step 3

Keep the airway open, pinch the nostrils shut, and cover the individual's mouth with yours. Give two gentle breaths. Each breath should last one full second. Look to see if the chest rises with each breath.

Step 4

Repeat until the person starts breathing or until an AED is available.

Repeat

Repeat until the person starts breathing or until an AED is available.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Before Child/Infant CPR

Child/Infant Cardiopulmonary Resuscitation (CPR)

Before you begin CPR on a child or infant, there are certain steps you must take to ensure your own safety and to make sure that an emergency response team is on the way.

1. Ensure scene safety

2. Check for a response

**For infants tap shoulder or foot*

3. Shout for help and call 9-1-1

4. Provide rescue breathing



Before

Before you begin CPR on a child or infant, there are certain steps you must take to ensure your own safety and to make sure that an emergency response team is on the way. First, ensure that the scene is safe for you to enter. If the scene is safe, check the child or infant for a response. For infants, tap the shoulder or the bottom of the foot to check for a response. If the child or infant does not respond, shout for help and call 9-1-1, so that emergency medical technicians can be dispatched. Ensure that the phone is at the side of the victim and that you can hear the operator. This will help the emergency response team provide instructions and ask questions.

Once the emergency response team is alerted, you will need to perform rescue breaths on the child or infant. The procedures for administering rescue breathing for a child and an infant differ slightly.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Child Rescue Breathing

Child/Infant Cardiopulmonary Resuscitation (CPR)

Before you begin CPR on a child, you need to deliver rescue breathing.

1. Keep the child's airway open, pinch their nostrils shut, and cover their mouth with yours
2. Give two breaths, each lasting for 1 full second
3. Check for breathing
4. Begin CPR



Child Rescue Breathing

Before your begin CPR on a child, you need to deliver rescue breathing. Keep the child's airway open, pinch the nostrils shut, and cover the child's mouth with yours. Give two breaths, each lasting for one full second. Check to see if the child's chest rises with each breath. If the child is unresponsive, begin CPR.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Infant Rescue Breathing

Child/Infant Cardiopulmonary Resuscitation (CPR)

Before you begin CPR on an infant, you need to deliver rescue breathing in a slightly different manner than a child.

1. Keep the infant's airway open, and cover their nose and mouth with yours
2. Give one breath lasting for 1 full second
3. Check for breathing
4. Give two breaths, each lasting one full second.
5. Check for breathing
6. Begin CPR



Infant Rescue Breathing

Before your begin CPR on an infant, you need to deliver rescue breathing in a slightly different manner than a child. To deliver rescue breaths to an infant, you need to keep the airway open and cover the infant's nose and mouth with your mouth. Give one breath that lasts for one full second and check to see if the chest rises and falls. Then, give two additional rescue breaths, each lasting one full second and check to see if the infant is breathing. If the infant is unresponsive begin CPR.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

CPR Steps – Child/Infant

CPR Steps - Child/Infant

Step 1 To perform cardiopulmonary resuscitation on a child or infant, you need to follow four steps. You should continue with CPR until the child or infant responds, or until the emergency response team arrives and takes over.

Step 2

Step 3

Step 4



Click each step to learn about the four steps involved with child and infant CPR. Start with Step 1.

To perform cardiopulmonary resuscitation on a child or infant, you need to follow four steps. You should continue with CPR until the child or infant responds, or until the emergency response team arrives and takes over. Click each step to learn about the four steps involved with child and infant CPR. Start with Step 1.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 1: 30 Chest Compressions

Step 1

Step 1

Interlock fingers and lock elbows. Perform 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about two inches deep or one-third the depth of the child's chest.

For infants, use two fingers to deliver 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about 1 ½ inches deep.

Step 2

Step 3

Step 4

30 Chest Compressions

Interlock fingers and lock elbows. Perform 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about two inches deep or one-third the depth of the child's chest.

For infants, use two fingers to deliver 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about 1 ½ inches deep.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 2: Open Airway

Step 2

Step 1 Interlock fingers and lock elbows. Perform 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about two inches deep or one-third the depth of the child's chest.

For infants, use two fingers to deliver 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about 1 ½ inches deep.

Step 2 Place your palm on the child's or infant's forehead and gently tilt their head back. With your other hand, gently lift the chin forward to open airway. Check for normal breathing.

Step 3

Step 4

Open airway

Place your palm on the child's or infant's forehead and gently tilt their head back. With your other hand, gently lift the chin forward to open airway. Check for normal breathing.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 3: Two Breaths

Step 3

Step 1 Interlock fingers and lock elbows. Perform 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about two inches deep or one-third the depth of the child's chest.

For infants, use two fingers to deliver 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about 1 ½ inches deep.

Step 2 Place your palm on the child's or infant's forehead and gently tilt their head back. With your other hand, gently lift the chin forward to open airway. Check for normal breathing.

Step 3 Keep the child's airway open, pinch nostrils shut, cover the child's mouth with yours, and deliver two breaths, each lasting for one full second. Look to see if the child's chest rises with each breath.

For infants, use your mouth to completely cover the infant's mouth and nose. Then give two breaths, each lasting for one full second.

Step 4

Two Breaths

Keep the child's airway open, pinch nostrils shut, cover the child's mouth with yours, and deliver two breaths, each lasting for one full second. Look to see if the child's chest rises with each breath.

For infants, use your mouth to completely cover the infant's mouth and nose. Then give two breaths, each lasting for one full second.

Module 5: Keeping It Together

Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Step 4: Repeat

Step 4

Step 1

Interlock fingers and lock elbows. Perform 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about two inches deep or one-third the depth of the child's chest.

For infants, use two fingers to deliver 30 compressions at a rate of at least three compressions every two seconds. Push firmly, about 1 ½ inches deep.

Step 2

Place your palm on the child's or infant's forehead and gently tilt their head back. With your other hand, gently lift the chin forward to open airway. Check for normal breathing.

Step 3

Keep the child's airway open, pinch nostrils shut, cover the child's mouth with yours, and deliver two breaths, each lasting for one full second. Look to see if the child's chest rises with each breath.

For infants, use your mouth to completely cover the infant's mouth and nose. Then give two breaths, each lasting for one full second.

Step 4

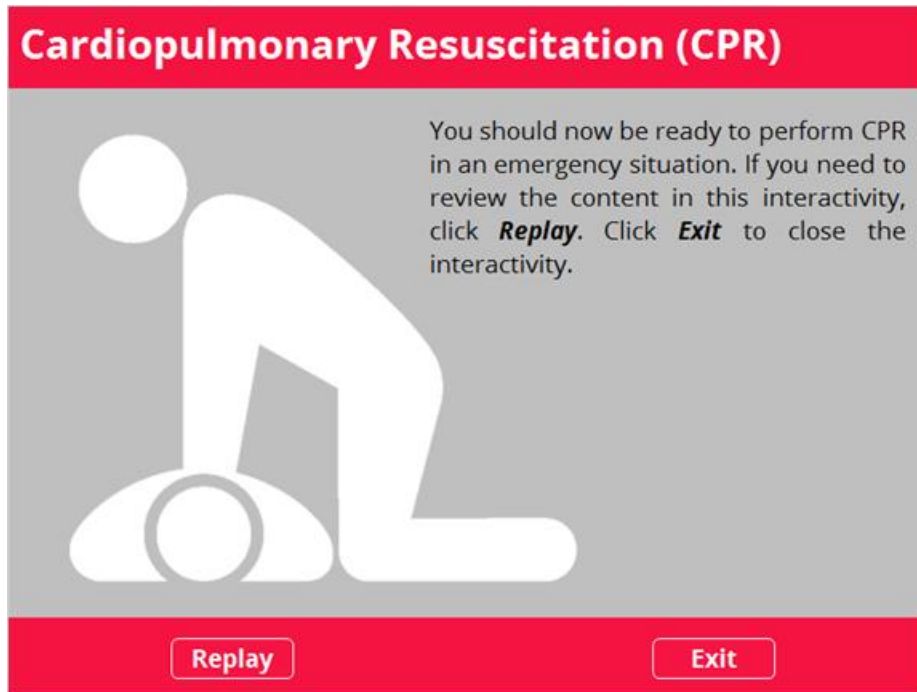
Repeat until the child or infant starts breathing or until an AED is available.

Repeat

Repeat until the child or infant starts breathing or until an AED is available.

Module 5: Keeping It Together
Topic 2 Content: Cardiopulmonary Resuscitation (CPR) Notes

Conclusion

A graphic with a red header and footer. The header contains the text "Cardiopulmonary Resuscitation (CPR)". The main area has a grey background with a white silhouette of a person kneeling and performing CPR on another person lying on the ground. To the right of the silhouette is a text box with instructions. The footer contains two red buttons labeled "Replay" and "Exit".

Cardiopulmonary Resuscitation (CPR)

You should now be ready to perform CPR in an emergency situation. If you need to review the content in this interactivity, click **Replay**. Click **Exit** to close the interactivity.

Replay **Exit**

You should now be ready to perform CPR in an emergency situation. If you need to review the content in this interactivity, click **Replay**. Click **Exit** to close the interactivity.