

CPR GUIDELINES

1. Make sure the scene is safe
2. Check for responsiveness - "Are you okay?"
3. Radio a coordinator for help
 - a. We have trained onsite help through our security team as well as AED machines and other medical equipment onsite. Please radio for help as quickly as possible in any emergency situation. This will ultimately be far more effective than the care you seek to provide.
4. If the situation warrants have someone call 911.
5. Begin basic CPR until help arrives

CPR INSTRUCTIONS

Check for responsiveness. Check for breathing. Lay the victim on a hard flat surface. Begin CPR.

CPR consists of repeated cycles of *30 compressions to 2 ventilations*. Push at a rate of 100 to 120 compressions per minute.

CPR Instructions for an Adult:

Use the heel of two hands and be sure to press hard enough to reach the heart.

CPR Instructions for a Child:

Use the heel of one hand and be sure to press hard enough to reach the heart.

CPR Instructions for an Infant:

Use two fingers to perform compressions.

OBSTRUCTED AIRWAY**If victim is able to talk or cough:**

Airway is only partially obstructed. Encourage victim to keep coughing. Do not interfere.

If victim is unable to cough or talk:

Stand behind victim, place fist above navel and below sternum, administer abdominal thrusts until object comes out, or victim becomes unconscious.

If victim becomes unconscious:

Lay victim on back, open airway, look inside mouth for object. Start CPR.

OBSTRUCTED AIRWAY INFANT

1. Lay infant across your arm with the head supported in your hand.
2. Bend to hold infant upside down with the head supported.
3. Give 5 back slaps and 5 chest thrusts.

In any situation remember your ABC's

Area is safe

Victim is **B**reathing

Call for help