

ARTIFICIAL RESPIRATION AND CPR (ADULT)(Cardiopulmonary Resuscitation)

DON'T PANIC! FIRST CHECK THE VICTIM. IF THE VICTIM IS UNRESPONSIVE, CALL 911 FOR HELP AND THEN RETURN TO THE VICTIM.

1. Place the victim face up, protecting the head & neck during any movement. Open the airway by pushing back on the forehead & lifting the chin. Place your ear just above the casualty's nose & mouth. Look, listen & feel for signs of breathing for up to 10 seconds.



If there is no sign of breathing ...

2. Take a deep breath & seal your mouth around the victim's mouth. Pinch their nostrils closed. Blow slowly into the victim's mouth for 1½ to 2 seconds. Move your mouth away & release the nostrils to allow the air to escape. Look for the chest to fall, listen for air sounds & feel for air being exhaled against your cheek.



If the chest doesn't rise when you blow ...

3. Re-open the airway by gently tilting the head. Pinch the nose again. Make a better seal around the mouth. Try blowing again.

If the chest still doesn't rise, give **FIRST AID FOR CHOKING**

If the chest does rise ...

4. Check for a pulse at the neck by sliding 2 fingers into the groove of the neck just down from the Adam's Apple. Press gently to detect the pulse, take up to 10 seconds.

If there is a pulse...

5. Continue to breathe into the casualty once every 5 seconds. After 1 minute of AR, recheck the pulse for 5 to 10 seconds. At the same time look, listen & feel for breathing.



If there is a pulse and still no breathing...

6. Continue AR. Recheck the pulse and breathing every few minutes. Keep giving AR until the casualty starts to breathe on their own, or medical help takes over, or you are too tired to continue.

If there is no pulse and you are properly trained, begin CPR

7. **Open the airway.** Tilt the head back and gently lift the chin. If the victim is not breathing place your mouth over the victim's mouth and pinch the victim's nose closed. Give **two slow full breaths**. The person's chest will rise if you are getting enough air in.
8. **Circulation:** Look for signs of circulation like normal breathing, coughing, or movement. If there are no signs of circulation...
9. **Start chest compressions:** Place the heel of one hand on the center of the victim's chest, right between the nipples. Place the heel of your other hand on top of the first. **Press down firmly 15 times.**
10. **CONTINUE WITH TWO BREATHS AND 15 PUMPS FOR FOUR CYCLES (about a minute) AND CHECK FOR SIGNS OF CIRCULATION AGAIN (breathing, coughing, and movement). CONTINUE UNTIL HELP ARRIVES.**

