

How to Perform ADULT CPR

This is intended as a supplement to information learned in a complete CPR course instructed by the American Heart Association. It is not to be used as your only guide for CPR unless in emergency situations. Please use this only as a guideline for the proper steps in CPR. For more information please contact your local American Heart Association for class information.

1. Make sure the scene is safe for you to help.
2. Make sure you have universal precautions: gloves, pocket mask, etc.
3. Make sure you know how many patients you have.
4. Determine if they are conscious by tapping and shouting "Are you OK?"
5. If no response have someone call 911.
6. Position the patient on their back.
7. Open the airway with a head-tilt chin-lift or jaw-thrust maneuver.
8. **LOOK-LISTEN-&-FEELING** for breaths. **CHECK BREATHING FOR 5-10 SECONDS.**
9. If they aren't breathing **VENTILATE TWICE.**
10. Check for a pulse by palpating(feeling) the carotid artery. **CHECK THE PULSE FOR 10 SECONDS.**
11. If there is no pulse **BEGIN CHEST COMPRESSIONS** at a rate of **15 COMPRESSIONS** to **2 BREATHS.**
12. Recheck the pulse after **ONE MINUTE.**
13. **CONTINUE UNTIL HELP ARRIVES, OR UNTIL YOU FEEL TOO TIRED TO CONTINUE.**



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