

CPR E-Z Sheet (2010 Guidelines)

Remember you CAB-Circulation, Airway & Breathing

<u>Age</u>	<u>Adult</u>	<u>Child</u>	<u>Infant</u>
	Puberty & Older	1-8 years(until puberty)	0-1 year
<u>Pulse Location</u>	Carotid	Carotid	Brachial
<u>Call Ems</u>	ASAP	2 min	2 min
<u>Comp/Breath</u> (One rescuer)	30:2 (2 hands)	30:2 (1 or 2 hands)	30:2 (two fingers)
<u>Comp/Breath</u> (Two rescuer)	30:2 (2 hands) (switch after 5 cycles)	15:2 (1 or 2 hands) (switch after 5 cycles)	15:2 (two thumbs) (switch after 5 cycles)
<u>Comp Depth</u>	2 inches	1/3 – ½ chest depth	1/3 – ½ chest depth
<u>Comp Location</u>	Center of Chest Between Nipples	Center of Chest Between Nipples	Mammary line (1 Finger Below)
<u>Rate</u>	At least 100/min	At least 100/min	At least 100/min
<u>Pulse Check</u> (after initial CPR)	5 Cycles 2 Minutes	5 Cycles 2 Minutes	5 Cycles 2 Minutes
<u>Rescue Breaths</u> (already have pulse)	1 q 5-6 seconds (10-12 per minute)	1q 3-5 seconds (12-20 per minute)	1 q 3-5 seconds (12-20 per minute)
<u>Advanced Airway</u>	1 q 6-8 seconds w/compressions 100/min		
<u>FBAO</u> (conscious)	Abdominal Thrust (2 Hands)	Abdominal Thrust (2 Hands)	5 Back Blows 5 Chest Thrusts
<u>FBAO</u> (unconscious)	Check Mouth & Start CPR	Check Mouth & Start CPR	Check Mouth & Start CPR

CPR Standards:

- 1) Scene Safety/Body Substance Isolation
- 2) Check Responsiveness/Call 911 get AED
- 3) Check for signs of circulation/Pulse
- 4) If pulseless, Start Compressions within 10 seconds
- 5) Open Airway & provide 2 ventilations
- 6) AED: **5 Cycles** of CPR (2 minutes), **ONE shock, 5 Cycles** of CPR...

Signs / Symptoms:

Stroke (brain): Confusion, Weakness (one side), HA, Difficulty with walking / speaking / seeing

Heart Attack (heart): Chest pain (upper body), nausea, SOB, sweating, lightheadedness

Chain of Survival:

Adult: Early Access, CPR, Defib, Advance Care

Pediatric: Prevention, CPR, Access, Advanced Care