CPR (cardiopulmonary resuscitation Chart ***FUN CPR TRAINING*** Making CPR training ***FUN***, and bringing it to you!
Always Check for Responsiveness first, then open the **(A)-Airway**, check for **(B)-Breathing**, and check for **(C)-Circulation (Pulse).**

Adult Rescue Breathing	Adult / Child CPR	Child/Infant Rescue Breathing	Newborn Baby CPR	Consicous Choking	Unconscious Choking
Shake Victim Gently and Shout "Are You OK"	Shake Victim Gently and Shout "Are You OK"	Shake Victim **Very Gently** and Shout "Are You OK"	Shake Victim **Very Gently** and Shout "Are You OK"	Ask "Are You Choking?" If Victim cannot speak or breathe…	Shake Victim Gently and Shout "Are You OK"
Activate EMS Call 911 & get an AED if available	Activate EMS Call 911 & get an AED if available	If alone, yell for help! or call 911 get an AED if available	If alone, yell for help!	Perform abdominal thrusts until object comes out or until victim becomes unconscious.	Call 911 & get an AED if available
Tilt forehead back and lift chin carefully.	Tilt forehead back and lift chin carefully.	**Carefully** tilt the forehead back and lift chin. Open infant's airway only slightly.	**Carefully** tilt the forehead back and lift chin. Open infant's airway only slightly.	Healthcare providers may perform abdominal thrusts on an unconscious victim.	Tilt forehead back and lift chin to open airway.
Check Breathing for Five (5) seconds. If breathing, carefully place victim on side. * If not breathing,	Check Breathing for Five (5) seconds. If breathing, carefully place victim on side. * If not breathing,	Check breathing for five to ten (5 to 10) seconds. if breathing, carefully place victim on side *if not breathing.	Check Breathing for Five to Ten (5 to 10) seconds.	**If Victim can cough or speak, do not perform abdominal thrusts.** Encourage victim to cough!	Attempt to give two breaths, if no chest rise, re-tilt airway and try again.
If you are sure there is pulse, give one breath every five seconds. If no pulse, start CPR.	Compress chest of victim with two hands thirty (30) times and give two (2) breaths. Continue for 2 minutes or 5 cycles.	If no pulse start CPR 30 compressions and 2 breaths). One hand for child and 2 fingers for infant.	Give two (2) slow breaths. Place mouth over nose and mouth for **baby**.	For a small child or infant **do not blindly sweep the mouth.** Only remove object if it is seen.	If no chest rise, healthcare providers perform five abdominal thrusts, mouth sweep, and attempt breaths.
			Check pulse for ten seconds. Check pulse on the inside of upper arm against bone. If no pulse, start CPR.	For infants, Support head, neck, and back, then perform up to five (5) back blows and up to five (5) chest thrusts.	For a child and infant, **perform mouth sweeps only if you can see object in mouth.**
			Compress chest three (3) times give one (1) breath. Compress two fingers on newborn.	If airway still blocked, repeat procedure until baby begins to cry.	For an infant, support head, neck, and back, and use back blows and chest thrusts instead of abdominal thrusts.

***The age for an infant is from birth to 1 year of age, a child is from 1-8 , and an adult is above the age of 8. Depth of compressions is approximately 1 ½ -2 inches for an adult, 1-1 ½ inches for a child, and a 1/3-1/2 inch for an infant. Check pulse after one minute, and every few minutes thereafter. If an adult is found unresponsive, call 911 immediately. If a child or infant is found unresponsive, and you are alone, begin resuscitation for one minute, and then call 911. For victims with suspected spinal injury, perform a jaw-thrust to open airway.**
This Chart contains general information and does not replace actual CPR training.

FUN CPR TRAINING

Take a CPR class today
Call 1-800-FUN-CPR-8
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