

# Emergency Medical Consultants

772-878-3085 www.EMCmedicaltraining.com

## Non-Medical CPR SKILLS REVIEW The CAB's of CPR

### Check for Scene Safety

Determine unresponsiveness and briefly check for effective breathing

If unresponsive: Yell for "HELP" and have someone call 911 and locate an AED (if available)

**C = Circulation-** Provide 30 chest compressions

**A = Airway-** Open airway (head tilt/chin lift)

**B = Breaths-** Give 2 breaths then back to compressions

**D = Defibrillator-** Attach an AED while continuing CPR- follow the commands

### CPR Reference

	Adults (> Puberty-8yrs)	Children (1 – puberty 8yrs)	Infants (< 1yr)
<b>Rescue breathing, Victim definitely has a pulse</b>	10-12 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes
<b>Compression landmark</b> <b>No pulse</b> (or pulse <60 in infant or child with poor perfusion)	Middle of the chest, between the nipples	Middle of the chest, between the nipples	1 finger below nipple line
<b>Compressions are performed with</b>	Heel of 2 hands	Heel of 1 or 2 hands	2 fingers OR 2 thumbs when using encircling hands technique
<b>Rate of compressions per minute</b>	100-120/min	100-120/min	100-120/min
<b>Compression depth</b>	At least 2 inches	At least 1/3 depth of chest 2 inches	At least 1/3 depth of chest 1 ½ inches
<b>Ratio of compressions to breaths</b> <i>*Once an advanced airway is placed ventilations will be 1 every 6 sec. with continual compressions.</i>	30:2 Change compressors and reevaluate every 2 min	30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min	30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min

### Foreign Body Airway Obstruction

*\* If not rapidly removed call Emergency Medical Service \**

#### Conscious choking

Adult	Child	Infant
5 Back Blows/5 Abdominal Thrusts	5 Back Blows/5 Abdominal Thrusts	5 Back Blows/5 Chest Thrusts

#### Unconscious choking

Adult	Child	Infant
Call a "code" or call 911 Begin CAB's of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen.  Repeat cycles of CPR if needed	Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen.  Repeat cycles of CPR if needed	Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen.  Repeat cycles of CPR if needed