

A person wearing a light blue button-down shirt is shown from the chest up, clutching their chest with both hands. The person's face is not visible. A red ECG (heart rate) line is overlaid on the bottom left of the image, extending across the width of the frame. The background is a blurred indoor setting.

HEART ATTACK

SUDDEN CARDIAC ARREST

Discomfort or tingling in arms, back, neck, shoulder or jaw



Sudden dizziness



Heartburn-like feeling

Most common
IN MEN...

Watch for

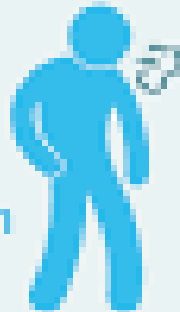
THE SIGNS

Additional symptoms, 1/3
most common
IN WOMEN...

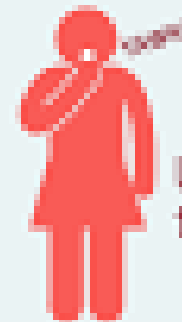
Chest pain



Shortness of breath



Nausea or vomiting

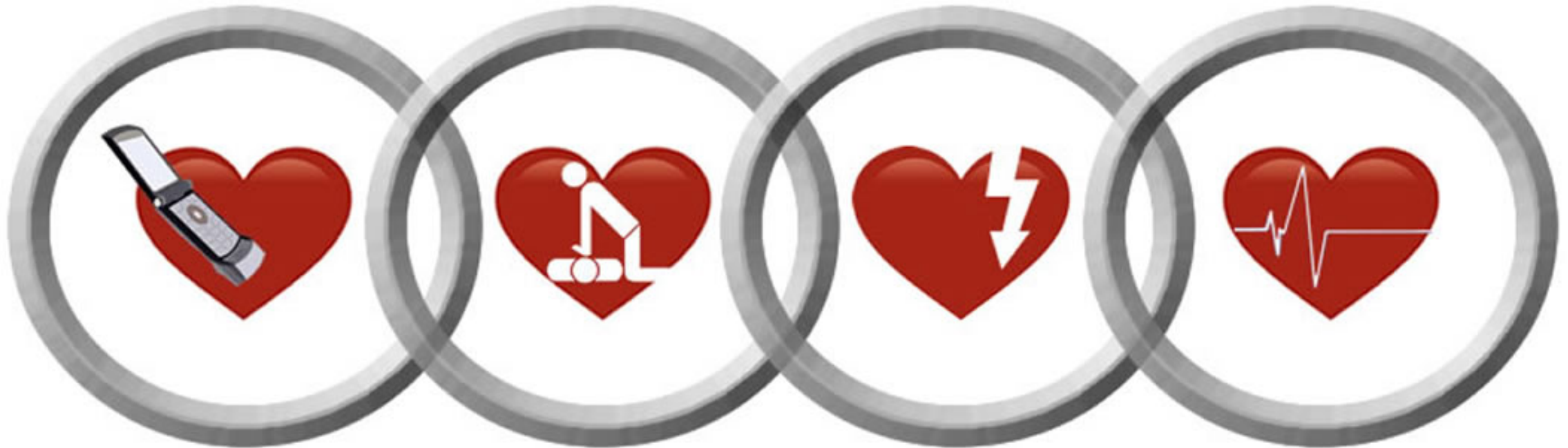


Unusual tiredness



Cold sweat

CHAIN OF SURVIVAL



**Early
Access**

**Early
CPR**

**Early
Defibrillation**

**Early
Advanced Care**

A photograph showing a person in a dark shirt performing CPR on a man lying on his back. The person's hands are on the man's chest, and the man's eyes are closed. The background is a plain, light-colored wall.

Adult One Man CPR

****CHECK SCENE SAFETY****

roll onto back in one motion

Activate EMS

Check responsiveness

Check carotid pulse for 5-10 seconds/check for breathing at same time/visually check for airway obstructions/no blind finger sweeps/only

remove object if visible

MASK TO AIRWAY BREATHING

**FOR SUSPECTED NECK INJURY
USE JAW THRUST TECHNIQUE**

**WHEN USING MASK
HAVE A GOOD SEAL**



PLACE ON BACK
CHECK FOR AIRWAY OBSTRUCTION
HEAD TILT/CHIN LIFT (no neck injury)

2 BREATHS

1 Breath Every 6 Seconds

(Adults/Adolescents)

1 Breath Every 2 to 3 Seconds

(Children/Infants)

A person is performing CPR on a man lying on his back. The person's hands are on the man's chest, and they are leaning over him. The man's eyes are closed, and he appears to be unconscious. The background is a plain, light-colored wall.

NO PULSE & NOT BREATHING

***begin compressions – rate 100-120 cpm
depth of at least 2 inches***

1 breath every 6 seconds

30 compressions/2 breaths = 1 cycle

5 cycles of CPR = 2 minutes

After 2 minutes reassess

Apply AED ASAP if available/follow AED prompts

ONE PERSON and TWO PERSON ADULT CPR

30 compressions/2 breaths

Change position after 5 cycles/2 minutes

PULSE & NOT BREATHING

begin rescue breathing

***1 breath every 6 seconds for 2
minutes/after 2 minutes reassess if no
pulse/no breathing begin CPR/if still
not breathing but has pulse = repeat 2
minutes of rescue breathing/reassess***

ONE OR TWO PERSON /ADULT-ADOLESCENT CPR

30 COMPRESSIONS AT A RATE OF 100-120 CPM – DEPTH OF 2 INCHES

1 CPR CYCLE = 30 COMP plus 2 BREATHs/5 CYCLES = 2 MINUTES OF CPR

DELIVER TWO BREATHS = 1 BREATH EVERY 6 SECONDS

TWO MAN CPR – CHANGE EVERY 5 CYCLES

DO NOT LEAN ON CHEST BETWEEN COMPRESSIONS

ONCE YOU HAVE STARTED CPR = CONTINUE UNTIL YOU ARE RECEIVED BY SOMEONE OF EQUAL OR GREATER TRAINING, THE SCENE BECOMES UNSAFE, OR YOU ARE TOO EXHAUSTED TO CONTINUE



CHILD ONE PERSON CPR

CHECK SCENE SAFETY
ACTIVATE EMS

PLACE ON BACK

CHECK RESPONSIVENESS

CHECK FOR CAROTID PULSE 5-10 SECONDS /

LOOK FOR CHEST RISE

CHECK FOR AIRWAY OBSTRUCTIONS

IF THERE IS -



CHILD ONE PERSON CPR

PULSE & NOT BREATHING

begin rescue breathing
1 breath every 2 to 3 seconds (20
to 30 breaths per minute) for 2
minutes/Reassess after 2 minutes

Compressions/Breaths Same = 30:2

NO PULSE & NOT BREATHING

Start chest compressions 100-120 cpm/2inch
depth

(can be one or two handed depending on size of child)

30 compressions / 2 breaths (1 breath every 2 to 3
seconds/10 breaths per minute) = 1 CPR cycle/5

CPR cycles = 2 minutes/Reassess after 2

minutes/ASAP Apply AED as prompted if available

CHILD TWO PERSON CPR

NO PULSE & NOT BREATHING

Begin chest compressions

**Chest compressions 100-120 cpm / depth 2 inches
(can be one or two handed depending on size of child)**

15 compressions / 2 breaths = 1 cycle

Change positions after 5 cycles

1 person Infant CPR

CHECK SCENE SAFETY

ACTIVATE EMS

PLACE ON BACK

CHECK RESPONSIVENESS

CHECK FOR BRACHIAL PULSE 5-10 SECONDS

LOOK FOR CHEST RISE

CHECK AIRWAY BLOCKAGES



INFANT 1 PERSON CPR

PULSE & NOT BREATHING

begin rescue breathing

1 breath every 3 seconds for 2 min.

No Pulse/Not Breathing

Begin chest compressions

Chest compressions 100-120 cpm / depth 1 1/2 inches

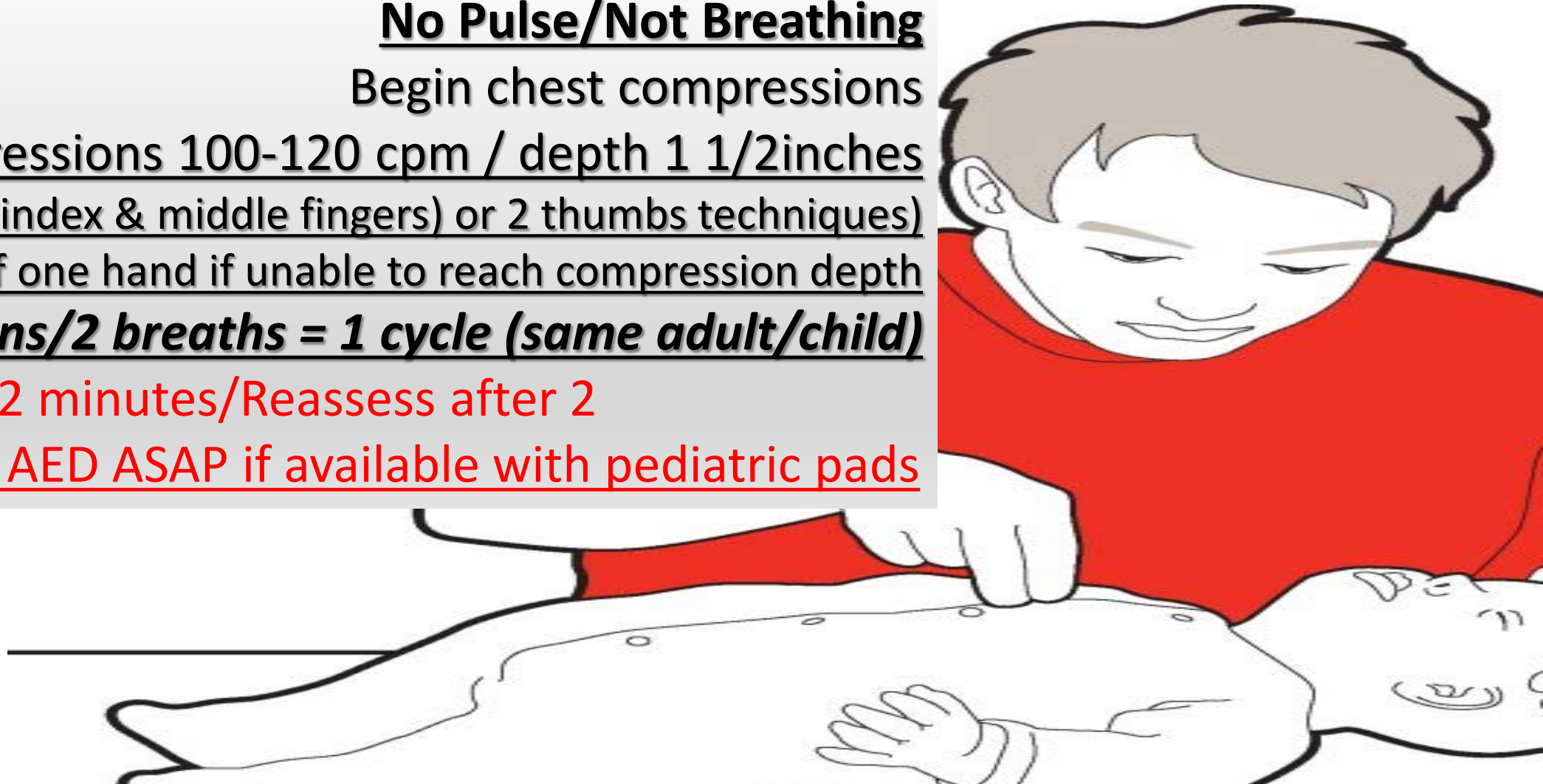
Using 2 fingers (index & middle fingers) or 2 thumbs techniques)

May use heel of one hand if unable to reach compression depth

30 compressions/2 breaths = 1 cycle (same adult/child)

5 AED cycles = 2 minutes/Reassess after 2

minutes/Apply AED ASAP if available with pediatric pads



INFANT TWO PERSON CPR

Change positions after 5 cycles

NO PULSE & NOT BREATHING

Begin chest compressions

Chest compressions 100-120 cpm / depth 1 1/2 inches

Using 2 finger or 2 thumbs technique

15 compressions / 2 breaths = 1 cycle

After 2 minutes of CPR/Reassess/Apply AED if available

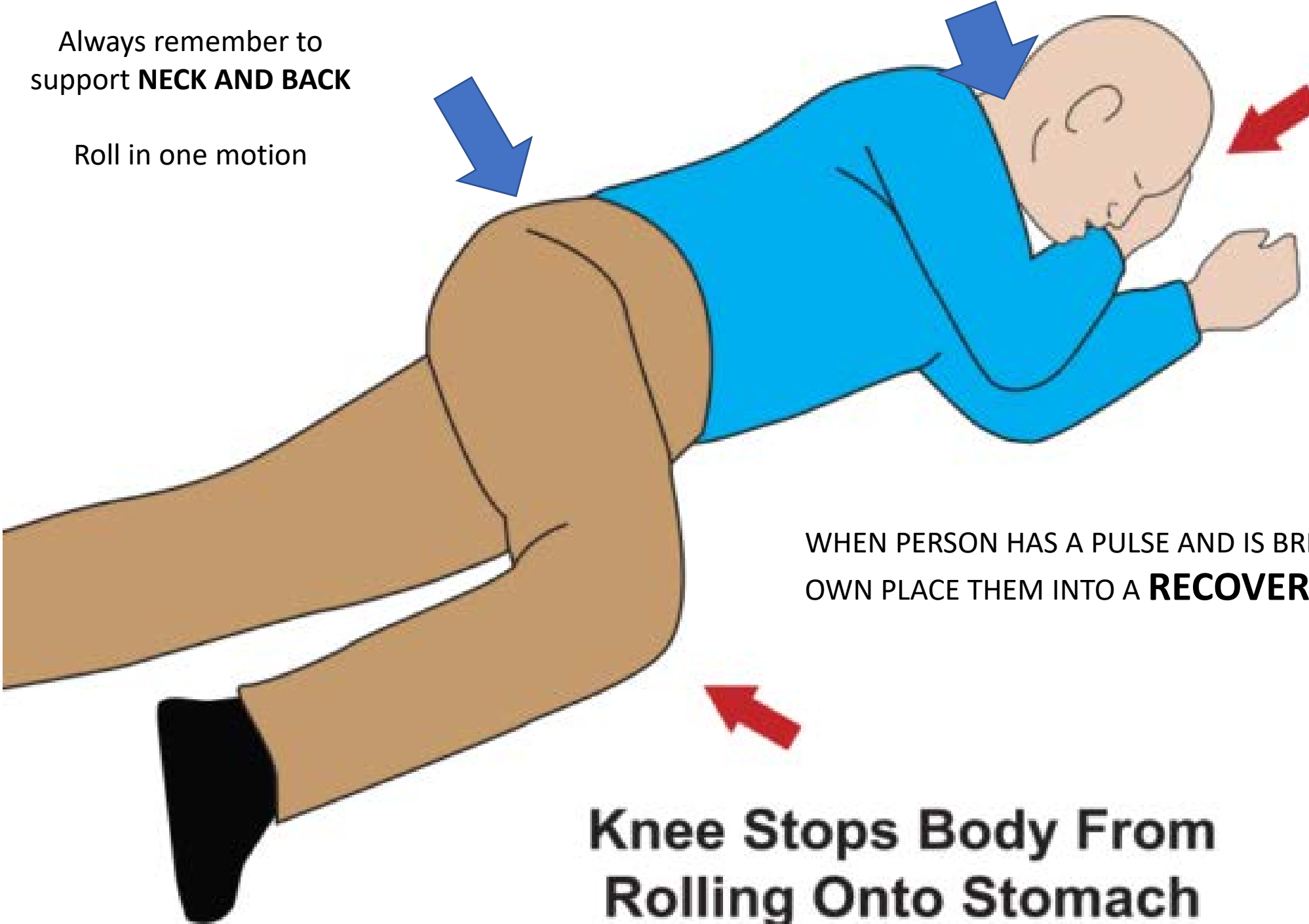
AED



Always remember to support **NECK AND BACK**

Roll in one motion

Hand Support



WHEN PERSON HAS A PULSE AND IS BREATHING ON THEIR OWN PLACE THEM INTO A **RECOVERY POSITION**

Knee Stops Body From Rolling Onto Stomach