

# Laypersons CPR



# CPR FLORIDA

WWW.CPRFLORIDA.NET

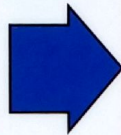
# CALL 911

## STEP 1

### Survey the Scene

Make sure the scene is safe for you and the victim.

**DO NOT** BECOME ANOTHER VICTIM



## STEP 2

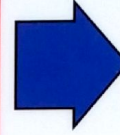
### Check for Unresponsiveness

Tap the victim on the shoulder and shout, "**ARE YOU OKAY?**"

**Infants:** Pinch or tickle.

**DO NOT** hit or shake an infant.

**CALL 911** and get an **AED**.



## STEP 3

Check for breathing for **5-10** seconds. If the victim is **not breathing** or breathing abnormally.

Begin **CPR**



## Compressions

Remove any clothes that are in the way of performing **CPR** or use of an **AED**.

# C

### Adult: puberty and older



- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.



- Compress straight down **2-2.4 inches 30 times**, at a rate of **100-120 times** per minute.
- Allow the chest to fully recoil between every compression.

### Child: 1yr - puberty



- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.



- Compress straight down at least **1/3** the depth of the chest (**about 2 inches**) **30 times**, at a rate of **100-120 times** per minute.
- Allow the chest to fully recoil between every compression.

### Infant: 1yr and younger



- Place two fingers on the breastbone slightly below the nipple line.
- Place the other hand on the victim's forehead.



- Compress straight down at least **1/3** the depth of the chest (**about 1 1/2 inches**) **30 times**, at a rate of **100-120 times** per minute.
- Allow the chest to fully recoil between every compression.

# NEXT

## Airway

# A



- Do a head-tilt/chin-lift.** (Place one hand on the forehead and two fingers on the bony part of the chin)
- Smaller Victims: Tilt the head less.**

# NEXT

## Breathing

# B



- For adults and children** Pinch nostrils closed and give **2 breaths** so the chest rises.
- For Infants** Seal your mouth around their nose and mouth. Give **2 small breaths**.
- If breath did not go in, **Retilt** the head and retry the breath. If breaths still don't go in, **resume compressions** (after compressions, check the mouth for obstruction, before resuming breaths).

# NEXT

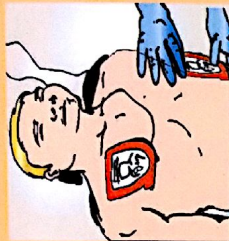
Continue cycles of compressions and breaths until victim shows signs of life or **AED** arrives. **AED** (instructions on the other side).



## AED



- Turn on the **AED** and follow the voice prompts.
- Remove the victim's shirt.
- Make sure the victim's chest is dry.
- Remove any medical patches.
- Remove any extra hair (if pads do not stick).



- Remove the defibrillation pads from their packaging.
- Look at the images to be sure where to apply the pads on the victim.
- Place pads on the victim's bare chest.

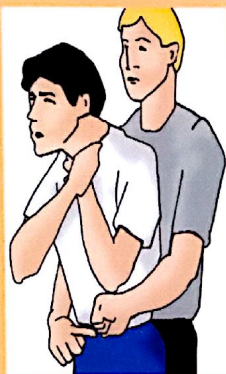


- Make sure no one is touching the victim.
- Allow the **AED** to analyze. If shock is advised the AED will charge itself.
- Say "**Clear**", and confirm no one is touching the victim.
- Push the shock button if the **AED** advises.



- If **NO Shock Advised** and if the **AED** advises, immediately resume compressions.
- If **Shock Advised**, after shock immediately resume compressions.
- The **AED** will prompt you to stop CPR every **2** minutes to reanalyze the heart.

## Conscious Choking for Adults and Children



- Ask the victim, "**Are you choking?**"
- If unable to make any noise send someone to **Call 911**.
- Ask the victim, "**May I help you?**"
- If the victim agrees, take a wide stance behind them.
- Place one finger in the belly button.
- With the other hand, make a fist and place it slightly above the finger in the belly button.



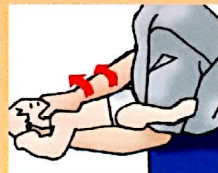
- Take your hand and place it on top of the fist.
- Thrust in and up.
- Each thrust is a separate attempt to get the object out.
- Repeat until object is dislodged.

**If the victim goes unconscious, lay them on the floor, and go to Step 3.**

## Conscious Choking for Infants



- Place one hand on the jawbone.
- Be careful to **support the head**.
- Position the infant on your forearm.
- Ensure that the infant's head is lower than its chest.
- Using the heel of your hand, hit the infant **5** times between the shoulder blades.



- Place palm on skull and sandwich the victim between your forearms.
- Roll victim onto your other forearm.
- Place two fingers on the breastbone slightly below an imaginary line between the nipples.
- Compress straight down **1/3** depth of the chest (about 1 1/2 inches) **5** times.
- Repeat until object is dislodged.

**If the victim goes unconscious, lay them on a hard surface and go to Step 3.**

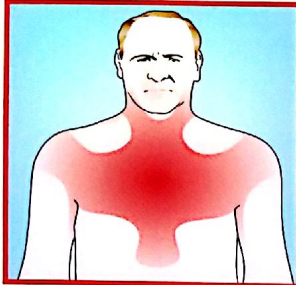


# First Aid



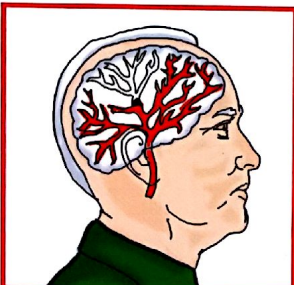
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FLORIDA

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## Heart Attack

- 1) Symptoms-** Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- 2) Treatment - Call 911.**
- 3) Monitor the victims breathing.**



## Stroke

- 1) Symptoms-** Slurred speech, numbness or paralysis to one side of the body, loss of vision, severe headache.
- 2) Treatment - Call 911** and record the time of the stroke. The faster you **Call 911** the better chance the person has of regaining lost motor functions.



## Shock

- 1) Skin becomes cool, pale, and sweaty. Victim may vomit, feel weak or dizzy.**
- 2) Position victim on their back.**
- 3) If victim vomits roll them their side and clean out the airway.**
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



## Seizures/Convulsions

- 1) Clear away all objects that may cause injury.**
- 2) Protect the head.**
- 3) DO NOT** attempt to restrain the victim or stick anything in the victim's mouth.
- 4) Treatment - Call 911.**
- 5) Monitor the victims breathing.**



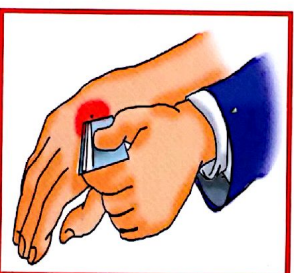
## Diabetes

- 1) DO NOT** give insulin.
- 2) If the victim is conscious give them some form of sugar. Preferably some type of fruit juice.**
- 3) Call 911.**
- 4) Monitor the victims breathing.**



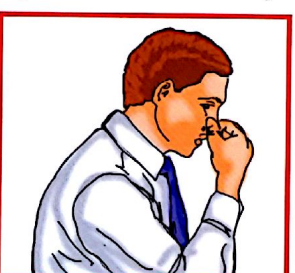
## Allergic Reaction

- 1) Symptoms-** Trouble breathing, swelling, rash, loss of consciousness.
- 2) Treatment- Call 911.**
- 3) Monitor the victims breathing.**



## Bee Sting

- 1) Remove stinger using a credit card or other stiff object to scrape the area (DO NOT use tweezers).**
- 2) If allergic reaction is suspected, follow the directions for allergic reaction.**



## Nose Bleed

- 1) DO NOT** tilt the head back.
- 2) Pinch the bridge of the nose and tilt the head forward to prevent the victim from swallowing the blood.**
- 3) If the blood is spurting or pulsating out of the nose Call 911.**



## Head and Neck Injuries

- 1) Attempt to keep the victim from moving.**
- 2) Call 911.**
- 3) Monitor the victims breathing.**



## Eye Injuries

- 1) Bandage around any object sticking out.**
- 2) Cover both eyes to prevent the victim from moving them.**
- 3) Call 911.**



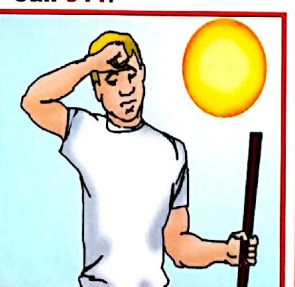
## Poisoning

- 1) Call 911**, then call poison control **1-800-222-1222** with as much information about the victim and the poison as possible.
- 2) DO NOT** induce vomiting unless instructed by poison control.



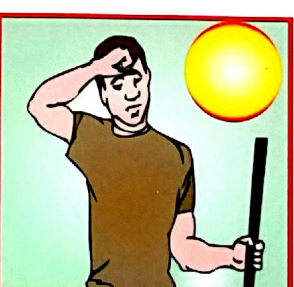
## Cold Related Illness

- 1) Get the victim out of the cold environment.**
- 2) Change any wet clothing with dry ones.**
- 3) Apply blankets and seek medical attention**



## Heat Exhaustion

- 1) Get the victim away from the heat source.**
- 2) Cool the victim by applying cool wet cloths.**
- 3) Offer water, a sports drink, fruit juice, or milk if the victim is conscious.**



## Heat Stroke

- 1) Hot, red, dry skin.**
- 2) Call 911.**
- 3) Get the victim away from the heat source.**
- 4) Cool the victim by applying cool wet cloths.**
- 5) DO NOT** give the victim any food or drink.



## Dental Emergencies

- 1) Put the tooth in milk, or a sports drink and get the victim to the dentist.**

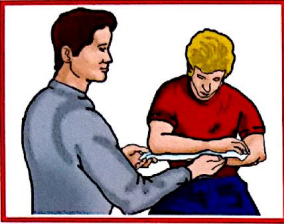


## Dislocation and Fractures

**Only** do the following if you have to move the victim, **and** if you can do so without hurting them any further.

**Never** try to relocate a displaced joint or bone, you could cause more damage.

If the bone has broken the skin do not splint. Treat for bleeding and Call **911**.



Place something under the injured body part to give it support.



Place bandages above and below the injury. **NEVER** over the injured area.



Check the limb for circulation. **DO NOT** tie too tight.



Use another bandage to keep the body part from moving.



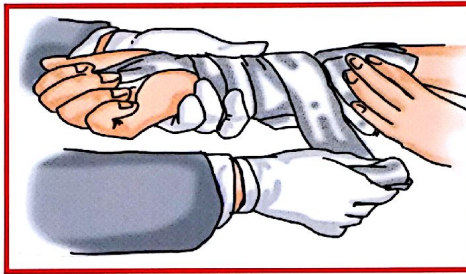
Tie off the ends.

## Bleeding

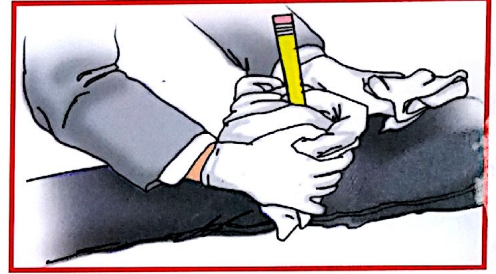
**Before** handling any wounds, **gloves** and any other appropriate barriers should be used.



Direct Pressure with a clean sterile dressing.



Bandage wound with overlapping layers. If the blood soaks through, **DO NOT** remove the bandage; place another layer of dressing on top.



### Embedded Objects

If something is embedded in the body, bandage around the object. **Do not** remove the object from the body. **Call 911**.

## Closed Wounds

Treat with **R.I.C.E.**

### Rest



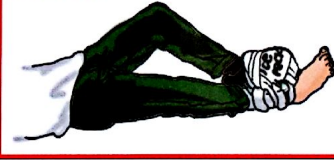
Rest the injured body part.

### Immobilize



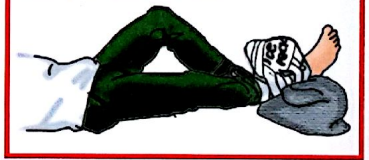
Stabilize the injured area in the same position found. **Only** splint the injured area if the victim must be moved **and** it doesn't cause more pain.

### Cold



Apply an ice pack for only **20** minutes. **Never** put ice directly on the skin, wrap it in a cloth first.

### Elevation



Elevate the injured body part above the heart. **DO NOT** elevate the area if it causes more pain.

## Burns

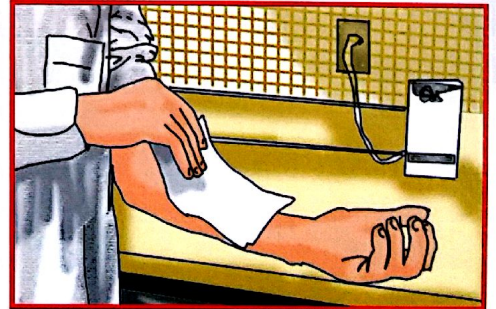
**Do not** remove any clothing stuck to a burn.



Stop the burning.



Cool with running water. **DO NOT** apply water to a 3<sup>rd</sup> degree burn. (NEVER USE BUTTER) (NEVER USE ICE)



Cover 1<sup>st</sup> & 2<sup>nd</sup> degree burns with a clean sterile dressing. **DO NOT** apply bandages to a 3<sup>rd</sup> degree burn.