

# Laypersons CPR



# CPR FLORIDA

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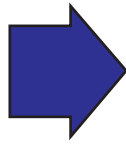
# CALL 911

## 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**

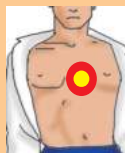


## Compressions

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 at least **2 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.**

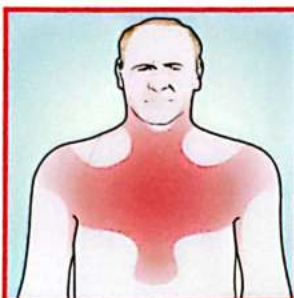


# First Aid



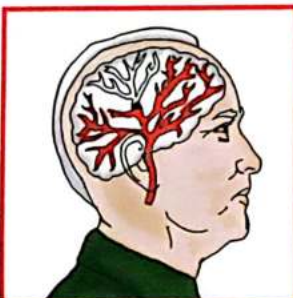
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## Heart Attack

- Symptoms-** Chest pain/pressure, shortness of breath, nausea, sweating, pain possibly in the jaw, neck, arms, shoulders and/or shoulder blades.
- Treatment - Call 911.**
- Monitor the victim's breathing.



## Stroke

- If you suspect a stroke:  
**Face**-Does one side of the face droop or is numb?  
**Arm**-Have them raise both arms, does one drift down?  
**Speech**-Have them speak a simple sentence, is it slurred?  
**Time**-Write the time of the first symptom- **Call 911.**



## Shock

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



## Seizures/Convulsions

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



## Diabetes

- DO NOT** give insulin.
- If the victim is conscious and can swallow give them some form of sugar. Preferably some type of fruit juice.
- Call 911.**
- Monitor the victim's breathing.



## Allergic Reaction

- Symptoms-** Trouble breathing, swelling, rash, loss of consciousness.
- Treatment- Call 911.**
- Monitor the victim's breathing.



## Bee Sting

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



## Nose Bleed

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



## Head and Neck Injuries

- Attempt to keep the victim from moving.
- Call 911.**
- Monitor the victim's breathing.



## Eye Injuries

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



## Poisoning

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



## Cold Related Illness

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



## Heat Exhaustion

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



## Heat Stroke

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



## Dental Emergencies

- Put the tooth in egg white, coconut water or whole milk. If none of these are available submerge in saliva and get the victim to the **dentist** as soon as possible.



## 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.

## 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.



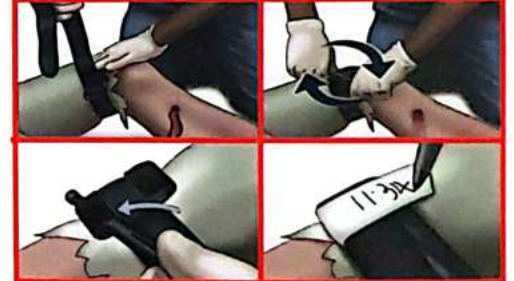
### Embedded Objects

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



### Lacerations

Direct Pressure with a clean sterile dressing. Bandage wound with overlapping layers. If the blood soaks through, remove the bandage and place another layer of dressing on the top. **DO NOT** remove original dressing.



### Tourniquet

- 1) Apply the tourniquet securely about 2 to 3 in above the injury (go above the joint if necessary **DO NOT** place on a joint).
- 2) Twist or wind windlass until bleeding stops.
- 3) Secure the windlass to keep tourniquet tight.
- 4) Note the time the tourniquet was applied.

## 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.