NEW CPR GUIDELINES FOR PROFESSIONAL RESCUERS

<table>
<thead>
<tr>
<th></th>
<th>OLD</th>
<th>NEW</th>
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</thead>
<tbody>
<tr>
<td>Conscious Choking</td>
<td>5 abdominal thrusts – adult/child</td>
<td>5 back blows, then 5 abdominal thrusts- adult/child</td>
</tr>
<tr>
<td>Unconscious Choking</td>
<td>5 abdominal thrusts, look for object, 2 rescue breaths – adult/child</td>
<td>5 chest compressions, look, 2 breaths-adult/child/infant</td>
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<tr>
<td></td>
<td>5 back blows, 5 chest thrusts, look for object, 2 rescue breaths- infant</td>
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<tr>
<td>Rescue Breaths</td>
<td>Deep breath at 2 seconds/breath</td>
<td>Normal Breath given over 1 second until chest rises</td>
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</tbody>
</table>
| Chest Compressions to Ventilation Ratios (Single Rescuer) | 15:2 Adult  
5-1 Child  
5-1 Infant | 30:2 – Adult/Child/Infant |
| Chest Compressions to Ventilation Ratios (Two Rescuer) | 15:2 Adult  
5-1 Child  
5-1 Infant | 30:2 – Adult  
15:2 – Child/Infant |
| Chest Compression rate   | About 100/minute – Adult Child  
About 120/minute – Infant | About 100/minute – Adult/Child/Infant   |
| Chest Compression Land marking Method | Trace up ribs – Adult/child  
One finger width below the nipple line at the center of the chest – Infant | Simplified approach – center of the chest – Adult/Child  
2 or 3 fingers, just below the nipple line at the center of the chest - Infant |
| AED                      | Up to 3 shocks, then 1 minute of CPR     | 1 shock, then 2 minutes (or 5 cycles) of CPR |
| Anaphylaxis              | Assist person with use of prescribed auto injector |                                          |
| Asthma                   | Assist person with use of prescribed inhaler |                                          |

Professional Rescuer Adult Child or Infant CPR/AED (Level 1)

Check the Scene for Safety  
Tap and Shout, “Are you okay?”  
No Response  
Call or have someone call 9-1-1 or the Local Emergency Number  
Check for signs of life  
~ for no more than 10 seconds by opening the airway, look, listen and feel for movement and breathing  
No Sign of Life  
Give 2 Rescue Breaths  
Chest does not rise (go to unconscious choking)  
Chest rises (Air Goes In)  
Check for pulse for no more than 10 seconds  
If definite pulse, begin Rescue Breathing:  
ADULT-1 breath every 5 seconds  
CHILD/INFANT 1 breath every 3 seconds  
Recheck every 2 minutes  
No pulse/Not sure
Give cycles of 30 chest compressions and 2 Rescue Breaths
2 rescuer CPR:
(Adult-Give cycles of 30 compression and 2 rescue breaths)
(Child or Infant-Give cycles of 15 compression and 2 rescue breaths)

AED Available - Adult or child age 1-8 years of age or 55 pounds

Analyse

<table>
<thead>
<tr>
<th>Shockable</th>
<th>Non-Shockable</th>
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<tbody>
<tr>
<td>Give 1 Shock/ Resume 5 cycles of CPR</td>
<td>Resume 5 cycles of CPR</td>
</tr>
<tr>
<td>Analyse</td>
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</tbody>
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If at any time an obvious sign of life is found; stop CPR, place in recovery position and monitor breathing.

### Adult, Child or Infant Conscious Choking Professional Rescuer [Level 1]

Person cannot cough, speak or breathe
- Ask, “Are you choking?”
- Confirm person is choking (nods head yes or shows “universal” sign of choking)
- Have someone call 9-1-1 or the Local Emergency Number
- Obtain consent
- Give 5 back blows
  - Still choking
  - Give 5 abdominal thrusts
    - (If obviously pregnant or know to be pregnant or an infant (under age of 1) Give 5 chest thrusts

Continue until airway clears or person goes unconscious
  - (Go to Unconscious Obstructed Airway)

Airway clear— monitor until help arrives.

### Adult Child or Infant Unconscious Choking Professional Rescuer [Level 1]

Check the Scene for Safety
- Tap and Shout, “Are you okay?”
- No Response
- Call or have someone call 9-1-1 or the Local Emergency Number

Check for signs of life
- for no more than 10 seconds by opening the airway, look, listen and feel for movement and breathing
  - No Sign of Life
  - Victim unconscious and not breathing
  - 2 rescue breaths
    - Chest does not rise
  - Re-tilt head and try 2 rescue breaths again
    - Chest does not rise
    - Give 5 chest thrusts
  - Look inside victim’s mouth— Remove object from victim’s mouth if object seen
  - Continue sequence (2 rescue breaths-5 chest thrust –look) until chest rises
  - Check for pulse for no more than 10 seconds
  - Care for conditions found