NEW GUIDELINES FOR CPR FOR PROFESSIONAL RESCUERS

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

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

Analyze

<table>
<thead>
<tr>
<th>Shockable</th>
<th>Non-Shockable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Give 1 Shock/ Resume 5 cycles of CPR</td>
<td>Resume 5 cycles of CPR</td>
</tr>
<tr>
<td>Analyze</td>
<td></td>
</tr>
</tbody>
</table>

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
Adult/Child Give 5 abdominal thrusts (Infant Chest 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 trust –look) until chest rises
Check for pulse for no more than 10 seconds
Care for conditions found