

HEALTHCARE PROVIDER

Component	<u>ADULTS</u>	<u>CHILDREN</u>	<u>INFANTS</u>
Recognition	Unresponsive (for all ages)		
	No breathing or no normal breathing	No breathing or only gasping	
	No pulse palpated within 10 seconds for all ages		
CPR Sequence	C-A-B = Compression- Airway- Breathing		
Compression Rate	At Least 100/min		
Compression Depth	At least 2 inches	At least 1/3 AP diameter About 2 inches	At least 1/3 AP diameter About 1 1/2 inches
Chest Wall Recoil	Allow complete recoil between compressions Rotate compressors every 2 minutes		
Compression Interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds		
Airway	Head Tilt- Chin Lift (HCP suspected trauma; jaw thrust)		
Compression to Ventilation Ratio	30 compressions 2 ventilations 1 or 2 rescuers	30 compressions 2 ventilations 2 HCP- 15 Compressions 2 Ventilations	
Ventilations: when rescuer untrained or trained and not proficient	Compressions Only		
Ventilations with Advanced Airway	1 breath every 6-8 seconds (8-10 breaths/minute) Asynchronous with chest compressions-About 1 second per breath- visible chest rise		
Defibrillation	Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock: Resume CPR beginning with compressions immediately after each shock		

**United Phoenix Fire Fighters
Association L-493
Public Charities
602-277-1500**

www.L493.org



Chain of Survival

The links in this Chain are: Immediate recognition and activation, early CPR, rapid defibrillation, effective advanced life support and integrated post-cardiac arrest care.

To schedule a class please call 602-277-1500

HEARIS AVER CPR

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