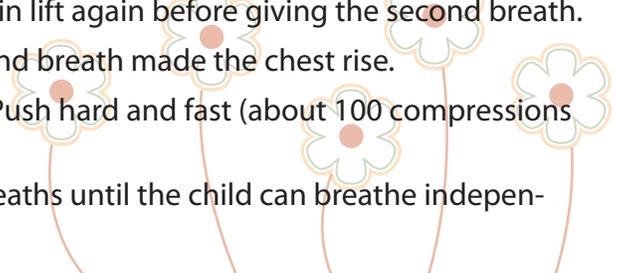


Homework, Page 4

CPR on Infants

1. Check for unresponsiveness by shouting and gently tapping the infant.
2. Have a bystander call 9-1-1 for help.
3. If you are alone do 2 minutes of compression and breathing before calling for help (about 5 cycles of compressions and ventilations) as described below.
 - A. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
 - B. Find the breastbone just below the nipple line (place 2 fingers between nipples).
 - C. Use only 2 fingers to do compressions. Depress chest $\frac{1}{3}$ to $\frac{1}{2}$ of its depth.
4. After 30 compressions, give 2 breaths.
 - A. Open the airway by lifting the infant chin with one hand and pulling their head back with the other until the nose is pointed straight up.
 - B. Take a normal (not a deep) breath, cover the infant's mouth and nose with your mouth and give 2 shallow puffs of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
 - C. Continue compressions whether or not the second breath made the chest rise.
5. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
6. Continue cycles of chest compressions and rescue breaths until the infant can breathe independently or until help arrives.

CPR on Children Ages 1 to 8

1. Check for unresponsiveness by shaking and calling them with a loud voice.
 2. Have a bystander call 9-1-1 for help.
 3. If you are alone do 2 minutes of rescue breathing before calling for help (about 5 cycles of compressions and ventilations) as described below.
 - A. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
 - B. Find the breastbone in the center of the chest between the nipples.
 - C. Use the heel of one hand (optionally, place your second hand on top of the first). Depress chest $\frac{1}{3}$ to $\frac{1}{2}$ of its depth with each compression.
 4. After 30 compressions, if normal breathing is not present, give 2 rescue breaths.
 - A. Use the head tilt-chin lift to open the airway.
 - B. Take a normal (not a deep) breath, gently pinch nostrils and cover mouth with yours. Give 2 short, shallow breaths of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
 - C. Continue compressions whether or not the second breath made the chest rise.
 5. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
 6. Continue cycles of chest compressions and rescue breaths until the child can breathe independently or until help arrives.
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Homework, Page 5

CPR on Age 9 to Adult

1. Check for unresponsiveness by shaking and calling them with a loud voice.
2. Have a bystander call 9-1-1 for help, or call yourself if you are alone.
 - A. If there are no signs of chest movement or breathing, immediately begin chest compressions. Do not stop to check for pulse or signs of circulation.
 - B. Find the breastbone in the center of the chest between the nipples.
 - C. Use the heel of one hand with the second hand on top to depress the chest 1 1/2 to 2 inches on each compression.
3. After 30 compressions, if normal breathing is not present, give 2 rescue breaths.
 - A. Use the head tilt-chin lift to open the airway.
 - B. Take a normal (not a deep) breath, gently pinch nostrils and cover mouth with yours. Give 2 breaths of air 1 second each with a pause in between. If the first breath does not make the chest rise, perform the head tilt-chin lift again before giving the second breath.
 - C. Continue compressions whether or not the second breath made the chest rise.
4. Do 30 rapid chest compressions to 2 rescue breaths. Push hard and fast (about 100 compressions per minute).
5. Continue cycles of chest compressions and rescue breaths until the victim can breathe independently or until help arrives.

Someone may be clinically dead (no breathing, no pulse), but is not biologically dead for 4 to 6 minutes of no breathing and no pulse. Only stop CPR if the victim revives, EMS comes, or you are physically incapable of continuing because of exhaustion.

