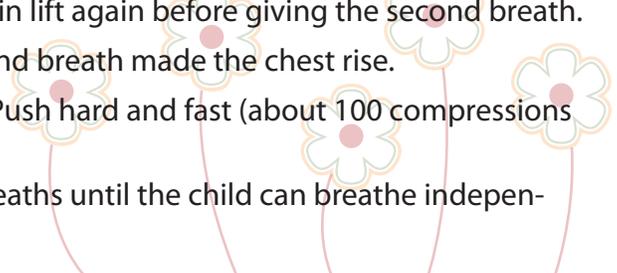


### Homework, Page 4

#### 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

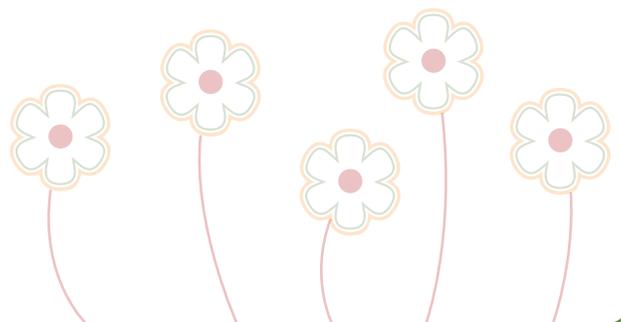
1. Check for unresponsiveness by shaking and calling them with a loud voice.
  2. Have a bystander call 9-1-1 for help.
  3. If you are alone do 2 minutes of rescue breathing before calling for help (about 5 cycles of compressions and ventilations) as described below.
    - A. If there are no signs of 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.
- 

### 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.



### Homework, Page 6

#### Choking Rescue Method for Ages 2 through Adult:

1. Check for unresponsiveness. Ask victim, "Are you choking?" and "Can I help you?" They will nod if they know they are in trouble. Also note: Both hands on throat is the universal sign for choking.
2. Call for help (EMS) if victim cannot speak or breathe, cannot cough or is coughing weakly, or is making high-pitched noises.
3. If victim is standing, wrap your arms around their waist.
4. Place the thumb side of your fist against their abdomen just above the belly button. Grasp your fist with your other hand.
5. Give up to five quick, upward thrusts into the abdomen. Avoid touching the xiphoid process (bottom of breastbone).
6. Repeat until obstruction is dislodged, forceful coughing begins, or victim becomes unconscious.
7. If victim becomes unconscious, slowly slide them to the floor with your foot between their legs to prevent them from hitting their head or falling down on top of you.
8. Once they are on the floor, open the airway using the head-tilt chin lift or jaw-thrust maneuver (be careful not to overextend the neck of a child).
9. Check for visible and reachable object in throat.
10. Do a finger sweep if you feel you can get the obstruction out. (Do not do blind finger sweeps at all in small children. You may lodge the object down farther as their airways are very small.)
11. Attempt to give 2 slow breaths. If the first attempt is not successful, reposition the head and try again.
12. Straddle the victim's thighs and give up to 5 abdominal thrusts into the abdomen with hands placed one on top of another (as in CPR).
13. Continue this process of checking for obstruction, giving rescue breaths, and abdominal thrusts until object is dislodged, EMS arrives, or you simply cannot go on without losing consciousness yourself.

Note: For pregnant or obese victims, give chest compressions (as in CPR) instead of abdominal thrusts.

#### Choking Rescue Method for an Infant

1. Check for unresponsiveness.
2. Call for help (EMS) if victim cannot cough, speak, or breathe, is coughing weakly, or is making high-pitched noises.
3. Supporting the head with your hand, turn infant face down on your forearm.
4. Give 5 strong back blows with heel of hand between the shoulder blades.
5. Turn infant over and check for visible and reachable object in throat.
6. Do a finger sweep if you feel you can get the obstruction out. (Do not do blind finger sweeps at all in small children. You may lodge the object down farther as their airways are very small.)
7. Cover mouth and nose with your mouth and give 2 puffs of air (don't over breathe in infants).
8. Landmark nipple line (place 2 fingers between nipples).
9. Use only 2 fingers to do five chest thrusts (same compressions as CPR). Avoid touching the bottom of breastbone.
10. Continue this process of checking for obstruction, giving rescue breaths, abdominal thrusts, and back blows until object is dislodged, EMS arrives, or you simply cannot go on without losing consciousness yourself.



### Homework, Page 7

#### What Is Poisonous?

There are many items that are poisonous you may not know about. From toothpaste to engine coolant, there are probably many things in your home your baby should not be eating. Be on the safe side and put away things that you know are not safe and those you are not sure about.

It is so important that you know CPR and choking rescue. You never know when you might need this knowledge to save someone's life - maybe even your child's. We suggest you place these sheets, as well as the Injury and Accident Charts into plastic page protectors or a binder and keep them in an easily accessible location. Answer the questions below after studying the information you received with this lesson.

#### FEVERS

1. Why do fevers happen when a person gets sick?
2. What is the usual cause of fevers in children?
3. Why should you give extra liquids to a child who is feverish?



#### POISONS

4. Look at the list of common household items that are poisonous to children. List the ones that you were not aware of.
5. After looking at the list, do you have any of these in a place where your child could get to them?
6. What should you do if you suspect your child has ingested something poisonous?



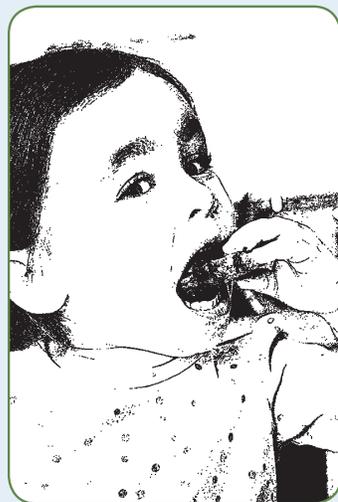
While many sicknesses go away naturally, watch closely for signs your child should go to the doctor.



### Homework, Page 8

#### Choking and You

Your child will likely choke on something a few times while he is growing up. The best prevention is simply being around while he eats. When he is young, never leave your child to eat alone. While he is eating, be attentive and ready to act.



Choking is a real hazard. Be sure to check around your house for balloons, small items, etc.



#### CPR

7. On your child or someone else, perform step number 3 and locate where you would place your hand and press. How easily could you find it?
8. If you are doing CPR on an infant, how many fingers should you use for compressions?
9. If you are doing CPR on an infant, you \_\_\_\_\_ the mouth and nose with your mouth and give \_\_\_\_\_ puffs of air.



#### CHOKING

10. What is the universal sign for choking?
11. In an infant, in what position should you put him to try to clear his airways?
12. Why shouldn't you do a blind finger sweep to find the obstruction in a child or infant?