

# PEDIATRIC CPR SEQUENCE & TECHNIQUES . . .

## 1 Pinch & Shout

If others are present, activate E.M.S. (911)

## 2 CIRCULATION

- Hold victim's head in place; check for pulse (brachial pulse on infants) for 10 seconds.
- If pulse is present, ***DO NOT DO CHEST COMPRESSIONS!***  
**GO TO STEP 3, AIRWAY**
- If **NO** pulse is present, begin CPR.
  - Hold head. Find Landmark as indicated on chart..
  - Do 30 chest compressions (see chart for depth) simulating a heart rhythm. ***DO FAST COMPRESSIONS.***
- After 30 compressions, give 2 breaths. Then, immediately do 30 more compressions. Repeat this sequence until you have performed 5 sets of 30 compressions / 2 breaths.  
***If you haven't already, activate E.M.S. (911) now!***
- Re-check for pulse. If no pulse, continue cycles of CPR pausing every few minutes to re-check pulse. If the pulse is present, ***STOP CPR! GO TO STEP 3, AIRWAY.***

**IMPORTANT!** REMEMBER, THESE PROCEDURES ARE FOR EMERGENCY USE ***ONLY!*** PRACTICING THE HEIMLICH MANEUVER, CHEST COMPRESSIONS, OR MOUTH-TO-MOUTH ON ANOTHER PERSON COULD RESULT IN THEIR INJURY OR DEATH!

## 3 AIRWAY

- Gentle head tilt / chin lift. (***NO*** head tilt on infants - chin lift only).
- Look in mouth...remove foreign objects.

## 4 BREATHING

- Look...Listen...Feel for breath for 10 seconds.
- If breathing, maintain airway; re-check for breathing every minute.
- If ***NOT*** breathing, put **CPR SHIELD** in place, maintain head position, place your mouth on child's mouth (over infant's nose ***AND*** mouth) and give Mouth-To-Mouth. Breaths are gentle; puffs on infants. After 1 minute, ***if you haven't already, activate E.M.S. (911) now!*** Check pulse for 10 seconds. If no pulse, do CPR:  
30 compressions / 2 breaths.  
If pulse is still OK **GO TO STEP 3, AIRWAY**

Ages	Adult = +8	Child = 1-8	Infant = up to 1 year
<b>MOUTH-TO-MOUTH</b> Pulse Ok, No Breathing 1 Breath Every	5 seconds	3 seconds	3 seconds
<b>LANDMARKS</b>	Mid-chest even with armpit	Same as adult but 1 hand only	Just below Nipple line 2 or 3 fingers
<b>DEPTH OF COMPRESSIONS</b>	At least 2 inches	1/3 the depth of the chest	1/3 the depth of the chest
<b>CPR RATIO</b> If no pulse	30 compress. 2 breaths	30 compress. 2 breaths	30 compress. 2 breaths
<b>HEIMLICH</b>	5 abdominal thrusts for children 5 back blows / chest compressions for infants		

➤ **DO NOT CALL US FOR EMERGENCIES...**  
**ACTIVATE E.M.S. IMMEDIATELY!**

# ADULT CPR SEQUENCE & TECHNIQUES . . .

## 1 Pinch & Shout and Activate E.M.S. (911)

## 2 CIRCULATION

- Hold victim's head in place; check for pulse for 10 seconds.
- If pulse is present, **DO NOT DO CHEST COMPRESSIONS!**  
**GO TO STEP 3, AIRWAY**
- If **NO** pulse is present, begin CPR.
  - Gently release head. Find Landmark. Position hands on chest.
  - Do 30 chest compressions (see chart for depth) simulating a heart rhythm. **DO HARD & FAST COMPRESSIONS.**
- After 30 compressions, give 2 breaths. Then, immediately do 30 more compressions. Repeat this sequence until you have performed 5 sets of 30 compressions / 2 breaths.
- Re-check for pulse. If no pulse, continue cycles of CPR pausing every few minutes to re-check pulse. If the pulse is present, **STOP CPR! GO TO STEP 3, AIRWAY.**

**IMPORTANT!** REMEMBER, THESE PROCEDURES ARE FOR EMERGENCY USE **ONLY!** PRACTICING THE HEIMLICH MANEUVER, CHEST COMPRESSIONS, OR MOUTH-TO-MOUTH ON ANOTHER PERSON COULD RESULT IN THEIR INJURY OR DEATH!

➤ **DO NOT CALL US FOR EMERGENCIES...**  
**ACTIVATE E.M.S. IMMEDIATELY!**



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## 3 AIRWAY

- Gentle head tilt / chin lift.
- Look in mouth...remove foreign objects.

## 4 BREATHING

- Look...Listen...Feel for breath for about 10 seconds.
- If breathing, maintain airway; re-check for breathing every minute.
- If **NOT** breathing, put **CPR SHIELD** in place, pinch nose, maintain head tilt / chin lift, and give Mouth-To-Mouth. Each breath is about 1 second long and just enough to gently raise the chest. After about 1 minute, re-check pulse for 10 seconds. If no pulse, do CPR cycle of 30 compressions to 2 breaths. If pulse is still OK **GO TO STEP 3, AIRWAY**

Ages	Adult = +8	Child = 1-8	Infant = up to 1 year
<b>MOUTH-TO-MOUTH</b> Pulse Ok, No Breathing 1 Breath Every	5 seconds	3 seconds	3 seconds
<b>LANDMARKS</b>	Mid-chest even with armpit	Same as adult but 1 hand only	Just below Nipple line 2 or 3 fingers
<b>DEPTH OF COMPRESSIONS</b>	At least 2 inches	1/3 the depth of the chest	1/3 the depth of the chest
<b>CPR RATIO</b> If no pulse	30 compress. 2 breaths	30 compress. 2 breaths	30 compress. 2 breaths
<b>HEIMLICH</b> (Adult)	5 abdominal thrusts ( C - H - O - K - E )		

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