

# **Adult First Aid/CPR/AED**

Ready Reference



**American Red Cross**



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## Guide to the icons used in this reference:



Check the scene and the person.



Call 9-1-1.



Put on disposable gloves or other PPE as appropriate.



Next Steps

# Checking an Injured or Ill Adult

## Appears to be Unconscious



### 1 CHECK FOR RESPONSIVENESS

Tap the shoulder and shout, "Are you OK?"



### 2 IF NO RESPONSE, CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER AND SEND SOMEONE TO GET AN AED

If an unconscious person is face-down, roll him or her face-up keeping the head, neck and back in a straight line.

*If the person responds, obtain consent and call 9-1-1 or local emergency number for any life-threatening conditions. Check the responsive person from head-to-toe and ask questions to find out what happened.*

### 3 OPEN THE AIRWAY

Tilt head; lift chin.

### 4 CHECK FOR BREATHING

Check for no more than 10 seconds.  
Occasional gasps are not breathing.



### 5 QUICKLY SCAN FOR SEVERE BLEEDING



If there is no breathing, perform CPR or use an AED if an AED is immediately available. (See Panels 4 and 5.)

If breathing, maintain an open airway and monitor breathing and for any changes in condition.

# CPR

## No Breathing



### 1 GIVE 30 CHEST COMPRESSIONS

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Push hard, push fast in the middle of the chest at least 2 inches deep and at a rate of at least 100 compressions per minute.

*Person must be on a firm, flat surface.*



### 2 GIVE 2 RESCUE BREATHS

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Tilt the head back and lift the chin up.

Pinch the nose shut and make a complete seal over the mouth.

Blow in for about 1 second to make the chest clearly rise.

Give rescue breaths, one after another.

*If chest does not rise with the initial rescue breath, retilt the head before giving a second breath.*

*If the second breath does not make the chest rise, the person may be choking. After each subsequent set of chest compressions and before attempting breaths, look for an object and, if seen, remove it. Continue CPR.*



### 3 DO NOT STOP

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Continue cycles of CPR. Do not stop unless you find an obvious sign of life (such as breathing), an AED is ready to use, another trained responder or EMS personnel take over, you are too exhausted to continue or the scene becomes unsafe.



Use an AED as soon as one is available. (See Panel 5.)

If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.

# AED—Adult or Child Older Than 8 Years or Weighing More Than 55 Pounds

## No Breathing



### 1 TURN ON AED

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Follow the voice and/or visual prompts.



### 2 WIPE BARE CHEST DRY

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Remove any medication patches with a gloved hand.

### 3 ATTACH PADS

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Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.



### 4 PLUG IN CONNECTOR, IF NECESSARY

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# Lifting More Than 55 Pounds

## 5 STAND CLEAR

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Make sure no one, including you, is touching the person.

Say, "Everyone, STAND CLEAR."



## 6 LET THE AED ANALYZE HEART RHYTHM

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Push the "analyze" button if necessary.

## 7 DELIVER SHOCK, IF ADVISED

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Make sure no one, including you, is touching the person.

Say, "Everyone, STAND CLEAR."

Push the "shock" button, if necessary.



## 8 PERFORM CPR

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After delivering the shock or if no shock is advised, perform 2 minutes (5 cycles) of CPR and continue to follow the prompts of the AED.

*If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.*

*If two trained responders are present, one should perform CPR while the other operates the AED.*

# Conscious Choking

Cannot Cough, Speak or Breathe



## 1 GIVE 5 BACK BLOWS

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Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.



## 2 GIVE 5 ABDOMINAL THRUSTS

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Place a fist with the thumb side against the middle of the person's abdomen, just above the navel. Cover your fist with the other hand. Give 5 quick, upward abdominal thrusts.



## 3 CONTINUE CARE

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Give sets of 5 back blows and 5 abdominal thrusts until the object is forced out, the person can cough forcefully or breathe, or the person becomes unconscious.



If the person becomes unconscious, give care for an unconscious choking adult by performing CPR (see Panel 4).

# Controlling External Bleeding



## 1 COVER THE WOUND WITH A STERILE DRESSING

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## 2 APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS

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## 3 COVER THE DRESSING WITH A BANDAGE

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Check for circulation (feeling, warmth and color) beyond the injury.



## 4 IF BLEEDING DOES NOT STOP, CALL 9-1-1 AND APPLY MORE PRESSURE

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Add more dressings and bandages and apply additional pressure.

Take steps to minimize shock.

*Wash hands with soap and water after giving care.*

# Burns



## 1 REMOVE PERSON FROM SOURCE OF BURN

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## 2 COOL THE BURN

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Cool the burn with cool running water at least until pain is relieved.



## 3 COVER LOOSELY WITH STERILE DRESSING

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## 4 IF THE BURN IS SEVERE, CALL 9-1-1

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Call 9-1-1 or the local emergency number if any other life-threatening conditions are found.

## 5 CARE FOR SHOCK

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# Poisoning



## **1 CALL 9-1-1 OR THE POISON CONTROL HOTLINE**

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For life-threatening conditions (person is unconscious or not breathing, or level of consciousness changes), call 9-1-1 or the local emergency number.

If the person is conscious and alert, call the National Poison Control Center hotline at 1-800-222-1222 and follow the advice given.

## **2 PROVIDE CARE BASED ON CONDITIONS FOUND**

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Do not induce vomiting or give the person anything to eat or drink unless medical professionals tell you to do so.

# Head, Neck or Spinal Injuries



## **1 CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER**

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## **2 MINIMIZE MOVEMENT OF THE HEAD, NECK AND SPINE**

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## **3 STABILIZE HEAD IN THE POSITION FOUND**

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Provide support by placing your hands on both sides of the person's head. If the head is sharply turned to one side, DO NOT move it.

# Stroke

For a stroke, think F.A.S.T.



## 1 THINK F.A.S.T.

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- Face:** Ask the person to smile. Does one side of the face droop?
- Arm:** Ask the person to raise both arms. Does one arm drift downward?
- Speech:** Ask the person to repeat a simple sentence (such as, "The sky is blue."). Is speech slurred? Can the person repeat the sentence correctly?
- Time:** Try to determine when the signals began. Call 9-1-1 immediately. Report the time of onset to EMS personnel.



## 2 PROVIDE CARE BASED ON CONDITIONS FOUND

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