

Skills Card

Adult CPR/AED

**TRAINED.
EMPOWERED.
PREPARED.**



**American
Red Cross**



A

CHECKING AN ILL OR INJURED PERSON APPEARS TO BE UNCONSCIOUS

START HERE

For Adult (Age 12 or older)

(TIP: Wear disposable gloves and personal protective equipment.)

1. **CHECK** scene, then **CHECK** person.
2. Tap shoulder and shout, “Are you okay?”
3. No response, **CALL 9-1-1**.

(TIP: If an unconscious person is face-down—Roll face-up supporting head, neck and back.)

4. Open airway (tilt head, lift chin), **CHECK** for signs of life (movement and breathing) for no more than **10** seconds.
5. If no breathing, give **2** rescue breaths.

*(TIP: Irregular, gasping or shallow breaths are **NOT** effective.)*

6. If breathing, place in recovery position and monitor Airway, Breathing and Circulation (**ABCs**).

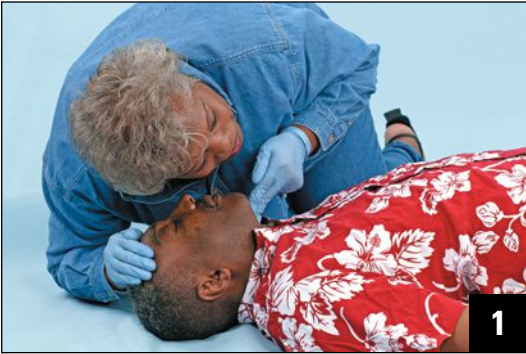


WHAT TO DO NEXT

IF BREATHS GO IN—Quickly scan for severe bleeding and go to **PANEL E** or **PANEL F** (if AED is immediately available).

B

HOW TO GIVE RESCUE BREATHS—ADULT NO MOVEMENT OR BREATHING



After checking an ill or injured person

To give a rescue breath—

1. Tilt head and lift chin, then pinch the nose shut.
2. Take a breath and make a complete seal over the person's mouth.
3. Blow in to make chest clearly rise.

(TIP: Each rescue breath should last about 1 second.)

WHAT TO DO NEXT

IF BREATHS GO IN—Go to **PANEL E** or **PANEL F** (if AED is immediately available).

IF BREATHS DO NOT GO IN—
Go to **PANEL D**.

RECOVERY POSITION



Recovery Position

Place the person in a recovery position if the person is unconscious, is breathing effectively and there is no suspected head, neck or back injury.

Modified H.A.IN.E.S. Recovery Position

Place the person in a modified H.A.IN.E.S. recovery position if a head, neck or back injury is suspected and you are unable to maintain an open airway **OR** if you have to leave to get help or an AED.

C

CONSCIOUS CHOKING—ADULT CANNOT COUGH, SPEAK OR BREATHE



1. **CHECK** scene, then **CHECK** person.
2. Have someone **CALL 9-1-1**.
3. Obtain consent.
4. Lean the person forward and give **5** back blows with the heel of your hand.
5. Give **5** quick, upward abdominal thrusts.



(NOTE: Give chest thrusts to a choking person who is pregnant or too big for you to reach around.)

(NOTE: You can give yourself abdominal thrusts by using your hands, just as you would do to another person, or lean over and press your abdomen against any firm object such as the back of a chair.)



6. Continue back blows and abdominal thrusts until—
 - Object is forced out.
 - Person can breathe or cough forcefully.
 - Person becomes unconscious.

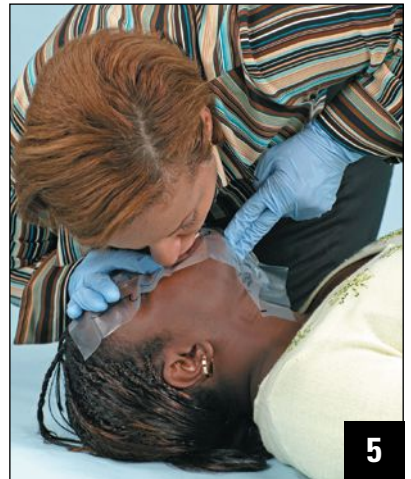
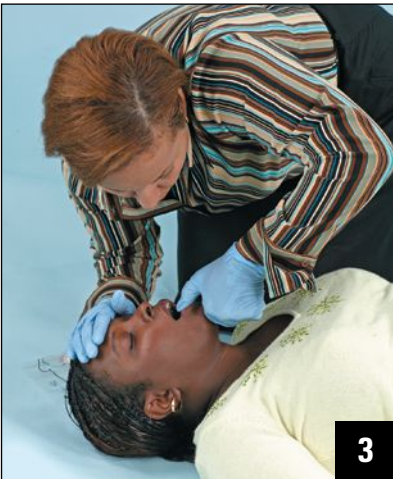
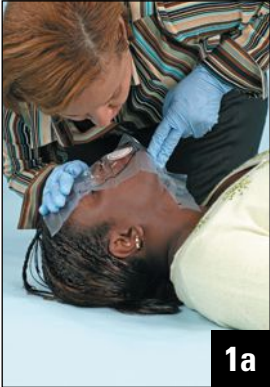


WHAT TO DO NEXT

IF PERSON BECOMES UNCONSCIOUS—
CALL 9-1-1, IF NOT ALREADY DONE, and Go
to **PANEL D**.

D

UNCONSCIOUS CHOKING—ADULT BREATHS DO NOT GO IN



After checking an ill or injured person

1. Tilt head farther back.
Try **2** rescue breaths again.
2. If chest does not rise—
Give **30** chest compressions.

(TIP: Remove breathing barrier when giving chest compressions.)

3. Look for an object.
4. Remove if one is seen.
5. Try **2** rescue breaths.

WHAT TO DO NEXT

IF BREATHS DO NOT GO IN—Continue **PANEL D** (Steps 2–5).

IF BREATHS GO IN—

- Check for signs of life.
- Give care based on conditions you find.

E

CPR—ADULT NO SIGNS OF LIFE

After checking an ill or injured person



1. Give cycles of **30** chest compressions and **2** rescue breaths.
2. Continue CPR until—
 - Scene becomes unsafe.
 - You find a sign of life.
 - AED is ready to use.
 - You are too exhausted to continue.
 - Another trained responder arrives and takes over.



WHAT TO DO NEXT

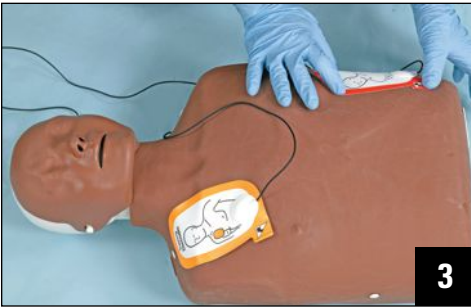
IF AN AED BECOMES AVAILABLE—
Go to [PANEL F](#).



F

AED—ADULT

NO SIGNS OF LIFE (OVER AGE 8 OR MORE THAN 55 POUNDS)



After checking an ill or injured person

1. Turn on AED.
2. Wipe chest dry.

(NOTE: Remove any medication patches with a gloved hand.)

3. Attach pads to bare chest.
4. Plug in connector, if necessary.
5. Make sure no one, including you, is touching the person.
 - Say, "EVERYONE STAND CLEAR."
6. Push "analyze" button, if necessary. Let AED analyze heart rhythm.
7. IF SHOCK ADVISED—
 - Make sure no one, including you, is touching the person.
 - Say, "EVERYONE STAND CLEAR."
 - Push "shock" button, if necessary.

WHAT TO DO NEXT

AFTER SHOCK—Give **5** cycles or about **2** minutes of CPR. Let AED reanalyze.

IF NO SHOCK ADVISED—Give **5** cycles or about **2** minutes of CPR.

(NOTE: If two trained responders are present, one should perform CPR while the second responder operates the AED.)

REFERENCE



FOR A STROKE, THINK F.A.S.T.

Face—Weakness on one side of the face

- Ask the person to smile; this will show if there is drooping or weakness in the muscles on one side of the face.

Arm—Weakness or numbness in one arm

- Ask the person to raise both arms to find out if there is weakness in the limbs.

Speech—Slurred speech or trouble getting the words out

- Ask the person to speak a simple sentence to listen for slurred or distorted speech (e.g., “I have the lunch orders ready.”).

Time—Time to **CALL 9-1-1** if you see any of these signs

- If a person has difficulty with any of these tasks or shows any other signals of a stroke, note the time that the signals began and **CALL 9-1-1** right away.

WHEN TO CALL 9-1-1

Call 9-1-1 or the local emergency number if the ill or injured person—

- Is unconscious.
- Is not breathing or having trouble breathing.
- Is choking.
- Has persistent chest pain.
- Shows no signs of life (movement or breathing).
- Has severe bleeding.
- Has severe burns.
- Is in shock.
- Has seizures.

HOW TO CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER

Stay calm and provide the following information:

- Your name
- The phone number from which you are calling
- What happened
- Your exact location (including intersections, landmarks, building name and/or apartment number)
- How many people are injured
- The condition of the person(s)
- What help is being given

After you have given all the information to the dispatcher, do not hang up until the dispatcher tells you to.