



First Aid & CPR Training Group

adult CPR quick reference guide (8+ years of age)

step-by-step

1. **Area check** – ensure it's safe to approach the victim
2. **Awake** – snap, tap, clap to assess responsiveness

IF THE VICTIM IS UNRESPONSIVE...

3. **Ambulance** (call 911 + AED + first aid kit) – Have someone call for you. If you are alone, call 911 immediately.
4. **Airway** – head tilt, chin lift
5. **Breathing** – If not breathing, completely seal your mouth around your victim's mouth and administer **2** slow, full breaths. If chest does not rise, re-open airway.
6. **Circulation** – Administer **30** chest compressions in the middle of the chest with both hands on top of one another, compressing approximately 1 1/2" - 2" deep and 0.5 seconds each. **Push hard, push fast.**
7. Repeat steps A, B & C (until EMS arrives, until you are physically exhausted, until someone else takes over or until the victim improves)

DID YOU KNOW?

Using an AED (Automated External Defibrillator) in conjunction with CPR can increase the likelihood of survival from cardiac arrest from 7% to 70%. As soon as it's established that a victim is not breathing, turn on the AED unit and follow the voice prompts. AED's can be found in most recreation centres across Ontario.

TIP: Doing *something* is better than nothing! If you don't feel comfortable performing mouth-to-mouth resuscitation, recent research has shown that administering continuous chest compressions may be just as effective as CPR and will help promote survival.

DID YOU KNOW?

You cannot be held liable if the CPR you perform is unsuccessful because you are protected under Ontario's Good Samaritan Act, provided you performed the first aid to the best of your trained ability.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



ON-SITE

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www.onsitefirstaid.ca | 416.986.2551