

ON-SITE

First Aid & CPR Training Group

ABC priorities

Do You Know Your ABC's?

DID YOU KNOW?

Maintaining ABC's is critical to maintaining life. Constantly reassess the ABC's of your victim (whether conscious or unconscious) to monitor changes and respond accordingly.

AIRWAY - head tilt, chin lift (palm on the forehead and two fingers under the chin, remaining cautious not to put pressure on the victim's wind pipe).

BREATHING - look, listen and feel for breathing by placing your ear close to the victim's mouth while looking in the direction of their chest.

CIRCULATION - Compressions squeeze the heart between the breastbone and the backbones, which artificially pumps enough blood to sustain vital organs. The goal is to compress the chest straight down, which can be achieved by keeping elbows locked and positioning your shoulders directly over the victim's chest.

TIP: The key to good CPR is a good airway. It is critically important to establish and maintain an open airway with head tilt, chin lift for air to flow into the victim's lungs. If you have not established or maintained an open airway, air will travel into the victim's stomach causing gastric distention and increasing the likelihood that your victim will vomit. **OPEN THE AIRWAY!**



DID YOU KNOW?

Performing a pulse check prior to compressions was removed from CPR standards in 2005. Researchers found that rescuers often have trouble assessing pulse and there is less harm in providing chest compressions to a victim who has a pulse, than not providing compressions to a victim who does not.

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



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