



First Aid & CPR Training Group

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

**NEW! 2010 STANDARD**

### 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 & check for signs of breathing for approximately 5 seconds (chest rising and falling, warm air from mouth, face is flushed/pink).

#### IF THE VICTIM IS NOT BREATHING...

5. **Compressions** – If not breathing, 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.**
6. **Breathing** – Completely seal your mouth around your victim's mouth and administer **2** slow, full breaths until you can see the victim's chest rise. If chest does not rise, re-open airway.
7. Repeat steps 6-7 (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 many public places 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.

**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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