

CPR (Cardiopulmonary Resuscitation)

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for

- ☎ Unresponsive
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Pale, bluish, cold, clammy skin

Action

1. Introduce yourself and your level of training. (Tap on shoulder and shout “Are you o.k.?”)
2. Have bystander call EMS (9-1-1). If alone, provide 2 minutes of care and then call EMS (9-1-1) yourself.
 - If alone and victim is an adult or a teenager, EMS (9-1-1) should be called immediately.
3. Quickly assess the face and chest for breathing. If not breathing or only gasping, begin CPR with chest compressions.
 - To give chest compressions:
 - Push hard and fast in the middle of the chest.
 - To give rescue breaths:
 - Open airway with head-tilt/chin-lift, then pinch nose and provide 2 rescue breaths (each about 1 second long), checking that the chest rises with each breath
 - For infants, cover mouth and nose of infant with your mouth to give puffing breaths.
 - Give continuous cycles of 30 chest compressions and 2 rescue breaths
 - If other trained staff are available, switch giving CPR about every 2 minutes.
4. Stop if the student starts breathing normally, another rescuer takes over, or an AED is ready to use.

