

# Adult First Aid/CPR/AED

**READY REFERENCE** 



# CHECKING AN INJURED OR ILL ADULT

#### APPEARS TO BE UNCONSCIOUS

**TIP:** Use disposable gloves and other personal protective equipment and obtain consent whenever giving care.

#### AFTER CHECKING THE SCENE FOR SAFETY, CHECK THE PERSON:

## 1 CHECK FOR RESPONSIVENESS

Tap the shoulder and shout, "Are you OK?"



## 2 CALL 9-1-1

If **no** response, **CALL** 9-1-1 or the local emergency number.

If an unconscious person is face-down, roll face-up, supporting the head, neck and back in a straight line.

If the person responds, obtain consent and **CALL** 9-1-1 or the local emergency number for any life-threatening conditions.

**CHECK** the person from head to toe and ask questions to find out what happened.

# OPEN THE AIRWAY

Tilt head, lift chin.

## 4 CHECK FOR BREATHING

CHECK quickly for breathing for no more than 10 seconds.

Occasional gasps are not breathing.



#### 5 QUICKLY SCAN FOR SEVERE BLEEDING

#### WHAT TO DO NEXT

- Give CARE based on conditions found.
- IF NO BREATHING—Go to PANEL 6 or PANEL 7 (if an AED is immediately available).
- IF BREATHING—Maintain an open airway and monitor for any changes in condition.

#### **CONSCIOUS CHOKING**

**CANNOT COUGH, SPEAK OR BREATHE** 

AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT.

# 1 GIVE 5 BACK BLOWS

Give 5 back blows.

Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.



#### **Q** GIVE 5 ABDOMINAL THRUSTS

- Place a fist with the thumb side against the middle of the person's abdomen, just above the navel.
- Cover your fist with your other hand.
- Give 5 quick, upward abdominal thrusts.



#### **3** CONTINUE CARE

Continue sets of 5 back blows and 5 abdominal thrusts until the:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.



#### WHAT TO DO NEXT

■ IF THE PERSON BECOMES UNCONSCIOUS—**CALL** 9-1-1, if not already done, and give care for an unconscious choking adult, beginning with looking for an object (PANEL 5, Step 3).

# **UNCONSCIOUS CHOKING**

CHEST DOES NOT RISE WITH RESCUE BREATHS

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 GIVE RESCUE BREATHS

Retilt the head and give another rescue breath.



2 GIVE 30 CHEST COMPRESSIONS

If the chest still does not rise, give **30** chest compressions.

**TIP:** Person must be on firm, flat surface. Remove CPR breathing barrier when giving chest compressions.



3 LOOK FOR AND REMOVE OBJECT IF SEEN



- 4 GIVE 2 RESCUE BREATHS
- WHAT TO DO NEXT
  - IF BREATHS DO NOT MAKE THE CHEST RISE—Repeat steps 2 through 4.
  - IF THE CHEST CLEARLY RISES—CHECK for breathing. Give CARE based on conditions found.

#### **CPR**

#### **NO BREATHING**

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

# GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least 2 inches deep and at least 100 compressions per minute

**TIP:** Person must be on firm, flat surface.



## 2 GIVE 2 RESCUE BREATHS

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

**Note:** If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



#### 3 DO NOT STOP

Continue cycles of CPR. Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

#### WHAT TO DO NEXT

- IF AN AED BECOMES AVAILABLE—Go to AED, PANEL 7.
- IF BREATHS DO NOT MAKE THE CHEST RISE— AFTER RETILTING HEAD—Go to Unconscious choking, PANEL 5.

**TIP:** If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.



# **AED-ADULT OR CHILD** OLDER THAN 8 YEARS OR WEIGHING MORE THAN 55 POUNDS

**NO BREATHING** 

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

**TIP:** Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.

# TURN ON AED

Follow the voice and/or visual prompts.



# 2 WIPE BARE CHEST DRY

**TIP:** Remove any medication patches with a gloved hand.

#### **3** ATTACH PADS



# 4 PLUG IN CONNECTOR, IF NECESSARY



#### 5 STAND CLEAR

Make sure no one, including you, is touching the person.

Say, "EVERYONE, STAND CLEAR."



#### 6 ANALYZE HEART RHYTHM

Push the "analyze" button, if necessary. Let AED analyze the heart rhythm.

#### **7** DELIVER SHOCK

#### If SHOCK IS ADVISED:

- Make sure no one, including you, is touching the person.
- Say, "EVERYONE, STAND CLEAR."
- Push the "shock" button, if necessary.



#### **8** PERFORM CPR

After delivering the shock, or if no shock is advised:

- Perform about 2 minutes (or 5 cycles) of CPR.
- Continue to follow the prompts of the AED.

#### TIPS:

- If at any time you notice an obvious sign of life, stop CPR and monitor breathing and for any changes in condition.
- If two trained responders are present, one should perform CPR while the second responder operates the AED.



#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 COVER THE WOUND

Cover the wound with a sterile dressing.

2 APPLY DIRECT PRESSURE UNTIL BLEEDING STOPS



# COVER THE DRESSING WITH BANDAGE

Check for circulation beyond the injury (check for feeling, warmth and color).



## 4 APPLY MORE PRESSURE AND CALL 9-1-1

If the bleeding does not stop:

- Apply more dressings and bandages.
- Continue to apply additional pressure.
- Take steps to minimize shock.
- CALL 9-1-1 or the local emergency number if not already done.

**TIP:** Wash hands with soap and water after giving care.

#### **BURNS**

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

1 REMOVE FROM SOURCE OF BURN

#### 2 COOL THE BURN

Cool the burn with cold running water at least until pain is relieved.



# 3 COVER LOOSELY WITH STERILE DRESSING



#### 4 CALL 9-1-1

**CALL** 9-1-1 or the local emergency number if the burn is severe or other life-threatening conditions are found.

## 5 CARE FOR SHOCK

#### **POISONING**

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

#### CALL 9-1-1 OR POISON CONTROL HOTLINE

For life-threatening conditions (such as if the person is unconscious or is not breathing, or if a change in the level of consciousness occurs), **CALL** 9-1-1 or the local emergency number.

OR

If the person is conscious and alert, **CALL** the National Poison Control Center (PCC) hotline at **1-800-222-1222** and follow the advice given.

#### 2 PROVIDE CARE

Give CARE based on the conditions found.



#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

- CALL 9-1-1 OR THE LOCAL EMERGENCY NUMBER
- 2 MINIMIZE MOVEMENT

Minimize movement of the head, neck and spine.



## 3 STABILIZE HEAD

Manually stabilize the head in the position in which it was found.

- Provide support by placing your hands on both sides of the person's head.
- If head is sharply turned to one side, DO NOT move it.

#### STROKE

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

#### AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON:

# THINK F.A.S.T.

Face-Ask the person to smile.

Does one side of face droop?

Arm-Ask the person to raise both arms.

Does one arm drift downward?

Speech— Ask the person to repeat a simple

sentence (such as, "The sky is blue."). Is the speech slurred? Can the person repeat the sentence

correctly?

CALL 9-1-1 immediately if you Time-

see any signals of a stroke. Try to determine the time when signals first appeared. Note the time of onset of signals and report it to the call taker or EMS personnel when they arrive.





# 2 PROVIDE CARE

Give CARE based on the conditions found.