

CPR Procedure Playbook

This playbook outlines the sequential steps necessary to perform cardiopulmonary resuscitation (CPR) on individuals of varying ages—adults, children, and infants.

Step 1: **Safety Check**

Ensure the scene is safe for you and the victim. Look out for any potential hazards such as traffic, fire, or falling objects.

Step 2: **Response Check**

Check for responsiveness by gently tapping the victim and shouting, 'Are you okay?' For infants, flick the bottom of the foot to elicit a response.

Step 3: **Call for Help**

If there is no response, shout for nearby help. Direct someone to call emergency services or do it yourself if alone.

Step 4: **Open Airway**

Tilt the head back and lift the chin to open the victim's airway. For infants, avoid tilting the head too far back.

Step 5: **Breathing Check**

Check for breathing by listening for breath sounds, feeling for air on your cheek, and looking for chest motion for no more than 10 seconds.

Step 6: Chest Compressions

Start chest compressions if the victim is not breathing normally. On adults and children, use two hands in the center of the chest; for infants, use two fingers. Compress at a depth of about 2 inches (5 cm) for adults and children, and about 1.5 inches (4 cm) for infants, at a rate of 100-120 compressions per minute.

Step 7: Rescue Breaths

After 30 compressions, give 2 rescue breaths. Tilt the head back, pinch the nose shut (for infants, cover the mouth and nose with your mouth), and breathe into the victim's mouth.

Step 8: Repeat Process

Continue the cycle of 30 compressions and 2 rescue breaths until emergency help takes over, the person starts to breathe normally, or you are too tired to continue.

General Notes

CPR Certification

These steps are for guidance purposes only. It's strongly recommended to get certified in CPR to perform it effectively and safely.

Automated External Defibrillator (AED)

If an AED is available, it should be used as soon as possible following the manufacturer's instructions. Chest compressions should be continued while the AED is set up and until the machine is ready to analyze the heart rhythm.

Adaptations for Age

Adjust the depth of compressions and method of delivering rescue breaths based on the victim's size, particularly when transitioning from adult to child to infant CPR.

Legal Considerations

In many places, Good Samaritan laws protect those who attempt to provide emergency medical aid. However, familiarize yourself with the laws in your region.

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