

Checking the Adult Victim & Performing CPR: Answers

1. **Check** - Scene is safe & is victim responsive (conscious).
Shake gently & shout, "Are you ok?" to see if the victim responds
2. **Call** - If no response, phone 911 (yell for help & send someone else to call)
3. **Care** - Perform the CABs:
 - C - CPR:** Begin CPR with 30 compressions after you scan the body & determine NO breathing
*(AT LEAST 100 compressions per minute, compress chest 2 inches)
 - A - Airway:** open the airway with the head tilt-chin, lift
 - B - Breathing:** Give 2 breaths (1 sec each) enough air to make the chest rise.

What a Rescue Looks Like:

1. Check for response
2. Phone 911 if alone or send someone else to call
3. Scan the body and determine if victim is breathing
4. If NO breathing, give 30 compressions at a rate of AT LEAST 100 per minute
5. Give 2 breaths (1 sec each & make the chest rise)
6. Complete as many sets of 30:2 as it takes until...

5 Reasons to Stop CPR:

1. Victim breathes/CPR works
2. AED arrives
3. Trained help (EMS) arrives to take over
4. Scene becomes unsafe for you
5. Too exhausted to continue

Questions?