

Download Cpr Quick Reference Guide

Give 5 quick, upward abdominal thrusts. 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 CPR Quick Reference. Print this page, Cut out the area below and fold on the dotted lines. Same width as a credit card so it should fit in your wallet. This free CPR card provides easy access to instructions for performing CPR. Keep the card in your purse or wallet and review it whenever you clean out old receipts or are stuck in a boring meeting. Begin CPR Minimize interruptions 1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 30 compressions : 2 breaths Use AED as soon as it arrives 1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 15 compressions : 2 breaths Use the AED as soon as it arrives Compression rate 100 – 120 compressions per minute Hand placement The guide can be used by students before, during, and after their first aid courses. The Heartsaver First Aid Quick Reference Guide is both sold separately and included in the Heartsaver First Aid Student Workbook (AHA product 15-1021) and the Heartsaver First Aid CPR AED Student Workbook (AHA product 15-1018).