

I'm not robot!

Adult CPR I

Adult Age: Puberty and older

- Male: Facial or underarm hair
- Female: Signs of breast development

SCENE SAFETY: Quickly check the scene before you enter.

CHECK & CALL

Check Response and Call 911:

- Tap the victim's shoulder and shout.
- If no response, yell for help. Send a bystander to call 911 and get the AED.
- If you are alone, call 911 and get the AED yourself. Return quickly.
- If a cell phone is available, use it to call 911 and place it on speaker.

Check Breathing:

- Scan for breathing for 5-10 seconds.
- If no breathing or only gasping, start compressions.

PROVIDE COMPRESSIONS

Perform 30 chest compressions with 2 hands:

- Position face up on a firm, flat surface.
- Quickly move clothing out of the way.
- Place your hands in the center of the chest.
- Compress the chest 30 times.
- Depth: At least 2 inches
- Rate: Between 100-120 compressions/minute
- Give good quality compressions

If the person vomits, quickly roll him to the side, sweep out his mouth with a gloved finger, roll him back and continue CPR.

FIRST AID FOR ADULT CPR

IF THE CASUALTY IS UNRESPONSIVE CALL 911

Ask permission to help. Open airway by tilting under the chin and gently pushing on their forehead. Hold this position and watch the chest for any movement.

If they are breathing, check for bleeding and turn them on their side.

IF THEY ARE NOT BREATHING BEGIN CPR

Lay the person flat on their back and kneel beside them.

COMPRESSIONS

- Place the heel of your hand in the center of their chest (fingers towards the armpits of casualty).
- Press down (2 inches) in depth and come back to starting position before pressing again.
- Give 30 compressions.

BREATHING

- If no restrictions to breathing, open airway (tilt head back, chin up).
- Give 2 breaths (just enough to see the chest rise).
- If you are prepared to ventilate (no face mask available), continue compressions without interruptions.
- If another rescuer is available, switch before you become too tired.

Student Name _____

Name _____

Is Certified In

STANDARD FIRST AID CPR/AED Level **A** **C** **HCP**

This card is invalid if more than one level of CPR is checked.

Date of Issue _____

Expiry Date _____

XXXXXXXXX
Instructor I.D.#

Safe + Sound First Aid
Instructor

YOU MAY RECERTIFY SOONER IF REQUIRED FOR EMPLOYMENT

SureFire CPR PRESENTS THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT AND PET CPR

If a person is not breathing, his heartbeats will stop. Do CPR (chest compressions and rescue breaths) to help circulation and get oxygen into the body. (Early use of an AED—an automated external defibrillator—if one is available, can restart a heart with an abnormal rhythm. First, open a person’s airway to check if they are breathing (don’t begin CPR if a patient is breathing normally). Then, get help. If you are not alone, send someone to call for help as soon as you have checked breathing. Ask the person to come back and confirm that the call has been made.CPR 101: These Are the CPR Steps Everyone Should KnowPhoto: Ruth Jenkinson, Lizzie Orme1. Position your hand (above). Make sure the patient is lying on his back on a firm surface. Kneel beside him and place the heel of your hand on the centre of the chest.Photo: Ruth Jenkinson, Lizzie Orme2. Interlock fingers (above). Keeping your arms straight, cover the first hand with the heel of your other hand and interlock the fingers of both hands together. Keep your fingers raised so they do not touch the patient’s chest or rib cage. (Check out these emergency first-aid kit essentials.)Photo: Ruth Jenkinson, Lizzie Orme3. Give chest compressions (above). Lean forward so that your shoulders are directly over the patient’s chest and press down on the chest about two inches. Release the pressure, but not your hands, and let the chest come back up.Repeat to give 30 compressions at a rate of 100 compressions per minute. Not sure what that really means? Push to beat of the Bee Gees song “Stayin’ Alive.” (Learn how to recognize the silent signs of a stroke.)Note: The American Heart Association recommends Hands-Only CPR (CPR without rescue breaths, which are detailed below) for people suffering out-of-hospital cardiac arrest. According to the AHA, only about 39 per cent of people who experience an out-of-hospital cardiac arrest get immediate help before professional help arrives; doing Hands-Only CPR may be more comfortable than doing rescue breaths for some bystanders and make it more likely that they take action. The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems. Photo: Ruth Jenkinson, Lizzie Orme4. Open the airway (above). Move to the patient’s head. Tilt his head and lift his chin to open the airway again. Let his mouth fall open slightly.Photo: Ruth Jenkinson, Lizzie Orme5. Give rescue breaths (above). Pinch the nostrils closed with the hand that was on the forehead and support the patient’s chin with your other hand. Take a normal breath, put your mouth over the patient’s, and blow until you can see his chest rise.Photo: Ruth Jenkinson, Lizzie Orme6. Watch chest fall. Remove your mouth from the patient’s and look along the chest, watching the chest fall. Repeat steps five and six once.Photo: Ruth Jenkinson, Lizzie Orme7. Repeat chest compressions and rescue breaths. Place your hands on the chest again and repeat the cycle of 30 chest compressions, followed by two rescue breaths. Continue the cycle.Next, learn how to recognize the silent signs of a heart attack.Photo: ShutterstockPhoto: ShutterstockPhoto: ShutterstockOriginally Published: August 03, 2021 Heart to Heart offers a few varieties of discounts. Student Discounts: When you choose a course and date you will see a drop-down menu listing our Student Discount prices. Be sure to click on the Student Discount price and bring your student ID or any proof you are a student to the course. Bring A Friend(s): In the same drop-down menu you will see our "Bring A Friend" prices - if you have even more friends that want to come, please contact our office and we will either honour the same price or extend an even better discount. Group Discounts: If you organize a group and have over 8 participants, we can come to your location. Inquire with our office and we will send your desired course description with our group price breakdowns - basically, the more participants you have, the cheaper the price. For groups less than 7 participants, we can book your group into any of our public courses, and you will still receive a great discount. For more information, see Group Bookings or Book a Group above OR contact our office. Skip to main content

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