

CPR Skills Sheet “CAB”	<u>ADULT</u> (1 Person) Age: Puberty and up	<u>CHILD</u> (1 Person) Age: 1 year to puberty	<u>INFANT</u> (1 Person) Age: birth to 1 year
COMPRESSIONS	START If not breathing or not breathing normal HCP—Carotid (neck) pulse check No more than 10 seconds	START If not breathing or not breathing normal HCP—Carotid (neck) pulse check No more than 10 seconds	START If not breathing or not breathing normal HCP—Brachial (arm) pulse check No more than 10 seconds
HAND/FINGER PLACEMENT	2 hands Mid-nipple line on sternum	1 or 2 hands Mid-nipple line on sternum	2 fingers 1 finger width below nipple line on sternum
COMPRESSION DEPTH	At least 2 inches Push hard, push fast Allow complete chest recoil	2 inches Push hard, push fast Allow complete chest recoil	1 1/2 inches Push hard, push fast Allow complete chest recoil
COMPRESSION RATE	At least 100 per minute	At least 100 per minute	At least 100 per minute
COMPRESSION/ VENTILATION CYCLES	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles
AIRWAY	Head tilt/chin lift	Head tilt/chin lift	Head tilt/chin lift
BREATHING	2 Breaths Seal mouth / pinch nose of victim Ventilate (breath) to see adequate rise of chest	2 Breaths Seal mouth / pinch nose of victim Ventilate (breath) to see adequate rise of chest	2 Breaths Seal mouth and nose of victim Ventilate (breath) to see adequate rise of chest
AED	Use adult pads	Use child pads *Use adult pad if child pad is unavailable	Use child pads *Use adult pad if child pad is unavailable
CHOKING / FOREIGN BODY AIRWAY OBSTRUCTION	Conscious—abdominal thrusts Unconscious—CAB	Conscious—abdominal thrusts Unconscious—CAB	Conscious—Back blows / Chest thrusts Unconscious—CAB