

## **CPR & CHOKING ASSESSMENT**

**/31MKS**

### **ONE RESCUER CPR-Adult**

- Check hazards
- Assess Responsiveness
- Call 911 ( location, condition of victim, ETA, 1<sup>st</sup> Aid Kit, Defibrillator, confident)
- Open airway using the head-tilt chin lift method
- Check for breathing for 10 seconds (look, listen, feel)
- Give 2 breaths ( airway open, pinch nose, breathe, wait, breathe)
- Landmark for compressions (under armpit)
- Give 30 compressions (parallel to victim, elbows locked, directly over victim on knees, hand interlocked)
- Repeat sequence (landmark each time)
- Continue until EMS arrives, victim conscious or higher trained

### **CHOKING**

- Ask, “Are you choking?” “Are you pregnant?” “Have you had abdominal surgery?” “Can I help you?”
- Landmark (between shoulder blades)
- Give 5 back blows
- Landmark (above belly button)
- Give 5 “J” thrusts (fist is thumb side in, other hand surrounds fist)
- Repeat back blows & abdominal thrusts until obstruction is removed or the person becomes unconscious

### **CHOKING VICTIM BECOMES UNCONSCIOUS**

- Carefully support the person to the ground.
- Call 911 (location, condition, ETA, 1<sup>st</sup> Aid kit, confident)
- Open mouth & look for obstruction (pick & flick if possible)
- Open airway using head tilt chin lift
- Give one breath 0 if it doesn't go in, reposition head & give another breath
- Landmark for chest compression
- Give 30 chest compressions
- Look for obstruction (pick & flick if possible)

### **REPEAT SEQUENCE**

- Open airway using head tilt chin lift
- Give 1 breath- if it doesn't go in reposition head & give another breath
- Landmark for chest compressions
- Look for obstruction (pick & flick if possible)
- Repeat sequence until obstruction is removed or EMS arrives

### **FOLLOW-UP CARE**

- Put victim in recovery position
- Monitor breathing
- Treat for shock (put blanket over victim)