

FIRST AID  
CPR

**STEPS IN ASSESSING AN UNCONSCIOUS VICTIM FOR RESCUE  
BREATHING and C.P.R.**

- 1) **Tap and Shout:** Check the scene for safety and then check the person. Verbally ask “Are you all right? Are you OK?” Tap on shoulder - He/she is unconscious, YOU (point at) Dial 911!
- 2) **Look, Listen and Feel for Breathing:** Open airway, (head tilt, chin lift) *look* at chest, *listen* for air to escape, *feel* for air escape (check for 10 seconds). \*\*If an unconscious person is face down...roll face up supporting the head, neck and back.
- 3) **Pinch Nose:** Keep airway open.
- 4) **Two Full Breaths:** If no signs of life, give breaths. Each breath is about 1 second long. Let chest deflate between each breath. Keep eyes on chest. (No air going in? Treat for airway obstruction)  
\*\*\*Signs of life—Place the person in recovery position (on side) and monitor Airway, Breathing and Circulation (ABC's).  
\*\*\***ADULT:** If no signs of life and breaths go in, scan for bleeding and begin CPR.
- 5) **CHILD AND INFANT: Look, Listen and Feel for Breathing:** (5 seconds) and check pulse at (Child-Carotid) (Infant-Brachial) Artery closest to you (5 seconds). Also check body for serious bleeding.

**Child and Infant:**

If there is **NO BREATHING** but has a pulse:  
Start **Rescue Breathing**

If there is **NO BREATHING and NO PULSE:**  
Start **CPR**

- 6) **Begin Rescue Breathing or C.P.R. for child or infant at correct rate:**

Rescue Breathing:

Child and Infant 1:3 (breaths/second)

\*\*\*Recheck for signs of life and a pulse about every 2 minutes.

C.P.R.

Adult, Child and Infant 30:2 (compressions/ventilations)