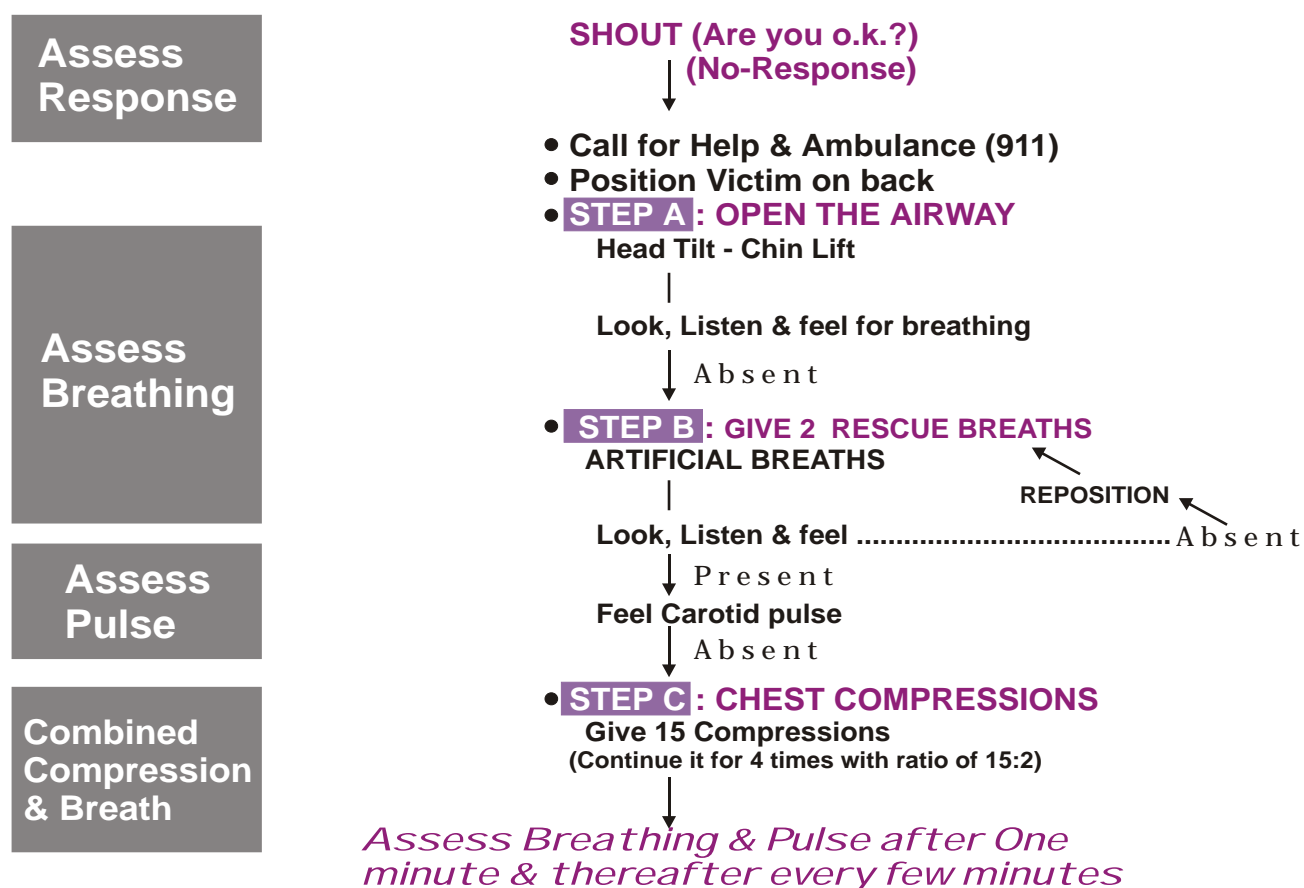


SEQUENCE OF C. P. R.

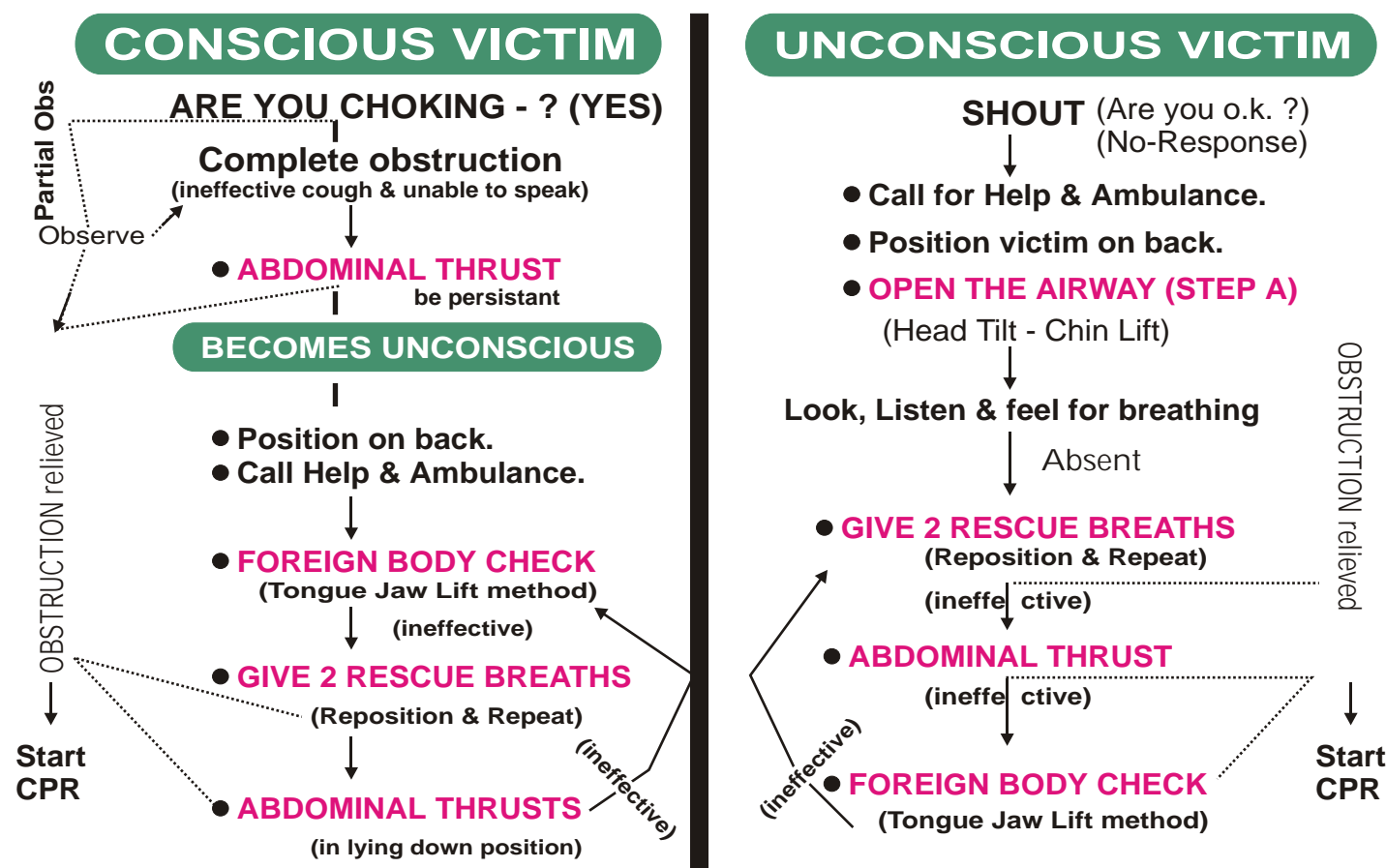


- **No Pulse & Breathing** : Continue CPR with 15:2
- **Pulse Present & No Breathing** : Continue rescue breathing at a rate of once every 5 - 6 sec.
- **Pulse & Breathing Present** : Continue to maintain airway & monitor till victim is shifted to Hospital

CPR READY REFERENCE

	ADULT (> 8YR.)	CHILD (1-8YR.)	INFANT (<1YR.)
Unconscious Victim POSITIONING	Roll over as a single unit with out bending neck & back.		Roll over on your arms, wrist & hand.
OPENING THE AIRWAY	Head Tilt & chin Lift		Slight extension. Don't hyperextend.
RESCUE BREATHING Give 1 breath every.....	5-6 Sec. (Rate 10 - 12/min.)	3 sec. (20/min.)	3 sec. (20/min.)
Assess Pulse	Carotid Pulse	Same as Adult	Brachial Pulse
CHEST COMPRESSION Locate Landmark	Trace rib into notch. One finger on sternum		One finger width below the nipple line.
COMPRESSION are performed with	2 Hand Stacked, Heel of one hand on sternum.	Heel of one hand on sternum	2 or 3 fingers on sternum
RATE of compression	80-100/min Count one and two and three.....	100 Count one, two, three....	At least 100 Same as child.
Compression DEPTH	1.5 -2 inch	1- 1.5 inch	0.5- 1 inch
RATIO of compression & Ventilation	15:2	5:1	5:1

FOREIGN BODY AIRWAY OBSTRUCTION MANAGEMENT



CAUTION !! Do these maneuvers only if choking victim is unable to speak or cough is ineffective or if there are other signs of poor gas exchange. NEVER INTERVENE if victim is able to speak even in whisper, is coughing effectively or wheezing. Your attempt to help dislodge the object at this stage can cause further obstruction & lead on to complete obstruction. REMAIN ALERT TO HELP IF VICTIM IS UNABLE TO SPEAK OR IF COUGH BECOMES INEFFECTIVE

	<u>ADULT (> 8YR.)</u>	<u>CHILD (1-8YR.)</u>	<u>INFANT (<1YR.)</u>
ABDOMINAL THRUSTS	Between navel & xiphoid		BACK BLOWS Between shoulder blades Back blows with heel of one hand. CHEST THRUSTS lower third of sternum. Chest thrust with 2 or 3 fingers
	Both hands, Fist's thumb side on adomen		
	Press inward & upwards. Remain at the center		
	Press with full force	Force according to age	
FOREIGN BODY CHECK	Tongue Jaw Lift with blind finger sweep	Tongue Jaw Lift with no blind finger sweep. (Remove foreign body only if you see it)	
Compiled by : DR. SUKHMEET SINGH (LUDHIANA) for I.A.P - P.A.L.S Group			