

CPR and Choking



You can save a life by knowing basic CPR

Tap and shake the person to see if they respond. If they are unresponsive:

- Tell someone to call 911 and get the automated external defibrillator (AED). Then, begin CPR using the C-A-B guidelines below.
- If you are alone with an unresponsive adult, call 911 before starting CPR. If you have a cell phone, call 911 while you are performing CPR and put it on speaker.
- If you are alone with an unresponsive baby or child, do 5 sets of 30 compressions and 2 breaths first before going to call 911. If you have a cell phone, you can call 911 while you are performing CPR.

C Begin **chest compressions** if the person shows no signs of life, such as coughing, moving or breathing.




A Open the **airway** by lifting the chin and tilting the head back.

B Give 2 **breaths**, just enough to make the chest rise.

Continue CPR using the guidelines below until medical help arrives and takes over, or until the person shows signs of life, such as coughing, moving or breathing. If someone brings an AED before medical help arrives, open it, turn it on and follow the prompts. It is very important to make sure everyone follows the AED's instructions when it says not to touch the person.

	Baby	Child and adult
Age	Birth to 1 year old	Child (1 year old to puberty); Adult (anyone past puberty)
Chest compressions	100 to 120 compressions per minute	
Number of chest compressions and breaths	30 compressions and 2 breaths (each cycle)	
Chest compression depth (must be on a hard surface)	Push hard and fast, about one-third total depth of chest – around 1 ½ inches. Allow chest to come all the way up each time.	Push hard and fast, about one-third total depth of chest – around 2 inches for children and at least 2 inches for adults. Allow chest to come all the way up each time.
Hands	Use 2 fingers or 2 thumbs (using encircling technique) on breastbone, just below nipple line. If unable to push down about one-third total depth of chest, use heel of 1 hand instead.	For small children, use heel of 1 hand on the breastbone between the nipples. For larger children and adults, use 2 hands stacked on top of each other. You can always use 2 hands if 1 hand seems difficult.

C-A-B CPR guidelines

	Baby	
C Compressions		<ul style="list-style-type: none">• Use 2 fingers or 2 thumbs (using encircling technique) on breastbone, just below nipple line. If unable to push down about one-third total depth of chest, use heel of 1 hand instead.• Push hard and fast – at least 100 times per minute. Count out loud.• Allow chest to come all the way up each time.
A Airway		<ul style="list-style-type: none">• Put 1 hand on the baby's forehead. With your other hand, put 2 fingers under the baby's chin and gently tilt the head upward.• Avoid tilting the head too far back.
B Breathing		<ul style="list-style-type: none">• Do 30 compressions and then give 2 breaths.• Cover the baby's nose and mouth with your mouth.• Each breath should be just enough to make the chest rise and should last only 1 second.• Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the baby shows signs of life.• If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Child and adult



- For small children, use heel of 1 hand on breastbone between the nipples.
- For larger children and adults, use 2 hands.
- Push hard and fast – at least **100 times per minute**. Count out loud.
- Allow chest to come all the way up each time.



- Open the airway by lifting the chin and tilting the head back.
- Put your hand on the chin – not on the throat or airway.



- Do **30 compressions** and then give **2 breaths**.
- Cover the child or adult's mouth with your mouth while you pinch the nose closed with your fingers.
- Each breath should be just enough to make the chest rise and should last only 1 second.
- Continue CPR using C-A-B guidelines until help arrives and they tell you to stop or until the person shows signs of life.
- If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Hands-only CPR

A compression-only method of CPR called hands-only CPR may be used by lay rescuers for adults who suddenly collapse. In hands-only CPR:

- If others are nearby, tell someone to call 911 and get the AED. If alone, go call 911 first if you do not have a cell phone with you. If you have a cell phone with you, put it on speaker, dial 911 and begin hands-only CPR. It is very important to make sure everyone follows the AED's instructions when it says not to touch the person.
- Begin chest compressions, and keep doing them nonstop until medical help arrives and takes over.
- If someone brings an AED before help arrives, open it, turn it on and follow the prompts.

Hands-only CPR is not advised when CPR is needed for oxygen-related reasons. This includes drowning, choking, allergic reactions, overdose of narcotics or sedatives (medications) and breathing trouble that causes someone to pass out. **Because most babies and children need CPR for oxygen-related reasons, regular C-A-B CPR guidelines should be used.** Hands-only CPR should only be used for babies and children if the lay rescuer cannot give breaths.



What to do if a person begins choking

	Baby	Child and adult
Problem signs	<ul style="list-style-type: none"> • May be turning blue • Cannot cough or scream • Scared or agitated • May be arched and rigid 	<ul style="list-style-type: none"> • May be turning blue • Cannot talk, cry, or make speech or cough sounds • May grab throat
What you should do	<ul style="list-style-type: none"> • Send someone to call 911 right away; if alone, act to rescue first. • With the baby in a face-down position and their head lower than their body, hit between the shoulder blades with the heel of your hand up to 5 times. Keep the baby between your arms and braced against your lap. • Turn the baby over, keeping the head lower than the body. Perform up to 5 chest thrusts on the sternum (breastbone) just below the nipple line. • Do not attempt to reach into the mouth to grab object or perform a blind finger sweep. • Repeat back blows and chest thrusts until baby is no longer choking or becomes unconscious (passes out). • Get medical care right away after a serious choking episode. 	<ul style="list-style-type: none"> • Send someone to call 911 right away; if alone, act to rescue first. • Standing braced behind the person, place thumb side of your fist against their stomach, just above the belly button. • Grab your fist with your other hand. Use both hands to thrust in an upward direction. • Do not attempt to reach into the mouth to grab object or perform a blind finger sweep. • Repeat thrusts until the person is no longer choking or becomes unconscious (passes out). • Get medical care right away after a serious choking episode.
If the person passes out	<p>All ages:</p> <ul style="list-style-type: none"> • Tell someone to call 911 if you have not already done so. • Begin CPR. Look inside the victim's mouth before blowing into it to see if a foreign body can be removed. • Call 911 after 5 cycles of CPR if you are alone and there is no one who could have called earlier. 	



This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.

In case of an urgent concern or emergency, call 911 or go to the emergency department right away.