

CPR Chart

Resuscitation Skills

Defibrillators & First Aid Training

Helping ordinary people do Extra-ordinary things



Hands Only CPR for the untrained

- **Check**, response
- **Call** 999 / 112
- **Compress** on chest

Provide hands-only CPR. That means uninterrupted chest compressions to the beat of the song **Stayin Alive** until paramedics arrive or more help. You don't need to try rescue breathing.

Infant CPR (0-1 year old)

follow the **CAB** procedures

- **Compress** on chest
1.5 inches

Safety
Squad.ie



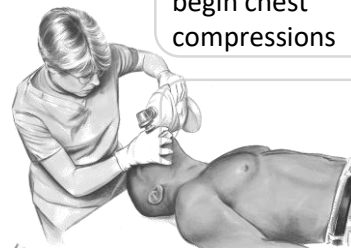
Give **Breaths** adequate for chest rise

Basic Life Support for Healthcare Providers

Emphasis on high-quality CPR including a team approach

Pulse Check

<60 per minute with signs of poor perfusion
begin chest compressions



B.V.M

- Bag Valve Mask
- Barrier Device

Infant CPR

- Single Rescuer 30:2
- **2 person**
- CPR Ratio 15:2



Choking



C

Compressions

- Push hard & fast x 30 times
- At least 2 inches. Allow chest recoil
- Rate of 100 /120 beats per minute

A

Airway

- Open the person's airway using the head-tilt, chin-lift technique

Advanced
Airway
Tube



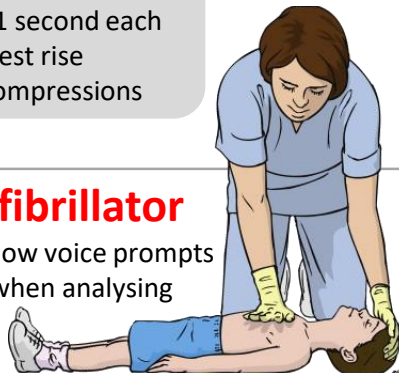
B

Breathing

- Give 2 breaths, 1 second each
- Adequate for chest rise
- Resume chest compressions

Automatic External Defibrillator

- Use AED if available. Switch on & follow voice prompts
- Attach pads. Everybody stand clear when analysing
- Clear again if shock is required.
- Continue CPR, if needed



Child CPR

Use 1 or 2 hands (1-8 years old)
If alone, perform 5 cycles of compressions and breaths on the child before activating EMS

To learn BLS properly, take an accredited Safety Squad first-aid training course. **Call 015340999**

CPR Chart

Resuscitation Skills

If you are not trained in CPR,
then provide hands only CPR

Cardiopulmonary resuscitation (CPR) can keep oxygenated blood flowing to the brain and vital organs.



Scene Safety

- Check for hazards
- Gloves on

When the heart stops, the lack of oxygen can cause brain damage in only a few minutes.



Look, Listen, Feel
Max 10 seconds

Check Response

- Tap & Shout. Are you ok?
- Look for no breathing

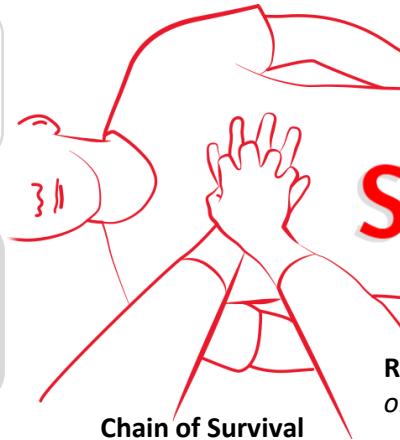


Adult = 8+ years old
Child = 1-8 years



Activate EMS

- Call 999 / 112
- Send for a defibrillator



Safety

Squad.ie

Ratio 30:2
on a firm surface
Use CPR mask

Chain of Survival
Call 999 - CPR - AED - ACLS



Compressions

- Push hard & fast x 30 times
- At least 2 inches or 5 cm deep
- Rate of 100/120 beats per minute



Airway

- Open the person's airway using the head-tilt, chin-lift technique

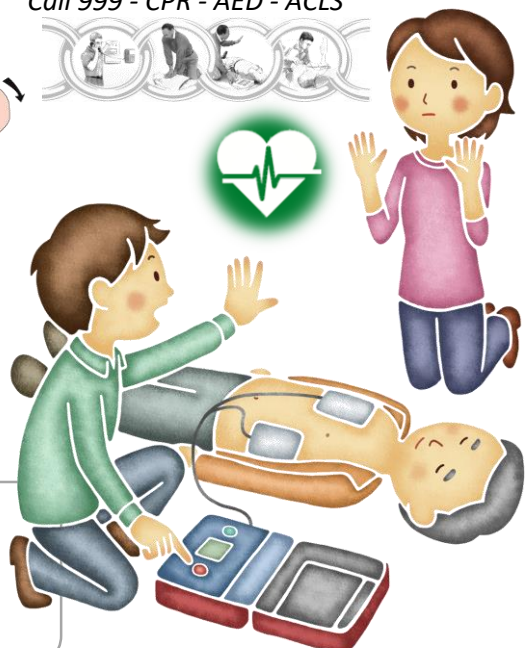


A

Breathing

- Give 2 breaths, 1 second each
- Adequate for chest rise
- Resume chest compressions

B



Automatic External Defibrillator

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- Attach pads. Everybody stand clear when analysing
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