

CPR Checklist



Danger	Gloves
Response	Tap and talk
Airway	Clear solids and fluids from mouth Jaw lift, then thrust Head tilt (last resort to get airway)
Breathing	Look, listen and feel 5 quick breaths in 10 seconds
Circulation	5 seconds both sides, carotid pulse
CPR Decision	
Hand position	Initial Maintained throughout
Compressions	Depth (1/3 depth of chest) 15 compressions / two inflations 4-5 complete cycles per minute

Recheck pulse after 1 minute then every two minutes

Effectiveness and fluidity (good chest rise)

Two Operator CPR

Instructions to Assistant

Ratio	5 compressions per inflation Breaths inserted without pausing Effective inflations (rise and fall of chest - perfusion)
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Recheck pulse every two minutes

Expired Air Resuscitation

12 -15 inflations per minute

Good chest rise

Continued pulse monitoring

Questions

How would you use a mask?

What is the difference for child resuscitation ratios and rates?

What rates and ratios are used for an infant?

When is it necessary to roll the casualty?