



Basic CPR (C-A-B) Maneuvers 2019

	<u>Adult</u> <i>Puberty & older</i>	<u>Child</u> <i>1 to puberty</i>	<u>Infant</u> <i>Less than 1 y/o</i>
<u>Airway</u> After 30 Compressions	<i>Head tilt-chin lift C-spine injury Jaw thrust</i>	<i>Head tilt-chin lift C-spine injury Jaw thrust</i>	<i>Head tilt-chin lift</i>
<u>Breathing</u> (Breaths over 1 sec. each)	<i>2 Breaths 10-12/min</i>	<i>2 Breaths 12-20/min</i>	<i>2 Breaths 12-20/min</i>
<u>Circulation</u>			
Pulse check 5 to 10 seconds	<i>Carotid</i>	<i>Carotid</i>	<i>Brachial</i>
Compression Landmark	<i>Lower ½ part of Breast Bone</i>	<i>At the nipple line</i>	<i>At the nipple line 2-Thumb Method</i>
Compression Rate	<i>100- 120/minute</i>	<i>100- 120/minute</i>	<i>100- 120/minute</i>
Compression to Vent. Ratio (1 person)	<i>30:2 (5 Cycles)</i>	<i>30:2 (5 Cycles)</i>	<i>30:2 (5 Cycles)</i>
Compression to Vent. Ratio (2 person)	<i>30:2 (5 Cycles)</i>	<i>15:2 (10 Cycles)</i>	<i>15:2 (10 Cycles)</i>
<u>AED</u>	<i>One shock</i>	<i>One shock</i>	<i>One shock</i>
<u>AED</u> Unwitnessed	<i>CPR for 2 minutes first</i>	<i>CPR for 2 minutes first</i>	<i>One shock</i>
Foreign body obstruction Conscious	<i>Heimlich maneuver</i>	<i>Heimlich maneuver</i>	<i>5 Back blows/ 5 chest thrusts</i>
Rescue Breathing	<i>1 breath 5 to 6 sec.</i>	<i>1 breath 3 to 5sec</i>	<i>1 breath 3 to 5 sec.</i>

C-A-B Circulation Airway Breathing
Push Hard, Push Fast and Let Chest Recoil.