

Emergency CPR

1. CALL



Check the victim for unresponsiveness. If there is no response, call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.

During cardiac arrest, the heart stops pumping blood, the blood pressure falls to zero and the pulse disappears. Within 10 seconds of cardiac arrest the person loses consciousness and becomes unresponsive. If you shake or shout at the victim, there will be no response. Sometimes a person in cardiac arrest may make grunting, gasping or snoring type breathing sounds for a couple of minutes. **Do not** be confused by this abnormal type of breathing. If a person is unresponsive (doesn't respond to shouts or shakes) and is not breathing (or is breathing abnormally), then call 911 and begin CPR.

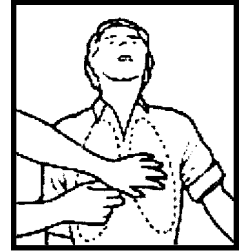
2. BLOW



Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.

Remember, a person in cardiac arrest may have abnormal breathing for a couple of minutes. This abnormal breathing is called “*agonal respiration*” and is the result of the brain’s breathing center sending out signals even though circulation has ceased. The key point is that the abnormal breathing may sound like grunting, gasping or snoring. It disappears in 2 to 3 minutes. If you see this type of breathing, **do not** delay CPR. The person desperately needs air, and only you can provide it.

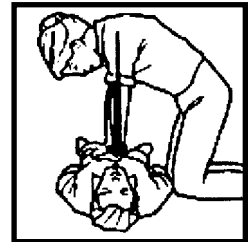
If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



In general, the chest should be pushed down 1 1/2 to 2 inches. Sometimes you may hear a cracking sound. Do not be alarmed. The sound is caused by cartilage or ribs cracking. Even if this occurs, the damage is not serious. The risk of delaying CPR or not doing CPR is far greater than the risk of a broken rib.

CONTINUE WITH
2 BREATHS AND 30 PUMPS
UNTIL HELP ARRIVES.

NOTE: This ratio is the same for one-person and two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.



Complications of CPR

Vomiting is the most frequently encountered complication of CPR. If the victim starts to vomit, turn the head to the side and try to sweep out or wipe off the vomit. Continue with CPR.

The spread of infection from the victim to the rescuer is exceedingly rare. Most cardiac arrests occur in people’s homes – relatives or friends will be the ones needing to do CPR. Even CPR performed on strangers has an exceedingly rare risk of infection. There is NO documentation of HIV or AIDS ever being transmitted via CPR.

Adapted for use from United States Department of Agriculture Food Safety and Inspection Services by Dr. Russ Kennedy.