



Lifeguard Training NY, LLC  
 "Take a class for life"  
[www.lifeguardtrainingny.com](http://www.lifeguardtrainingny.com)

**No pulse = CPR**

	Depth	Compressions per min	1 person	2 people	AED	Has pulse but not breathing
<b>Adult</b>	At least 2 inches	100-120	30:2	30:2	Yes	1 ventilation-5 seconds
<b>Child</b>	About 2 inches	100-120	30:2	15:2	Yes	1 ventilation-3seconds
<b>Infant</b>	1.5 inches	100-120	30:2	15:2	Yes	1 ventilation-3seconds

**AED rules**

- If wet, dry them off
- If they have hair on their chest, shave it or remove it with the AED pads
- If they have piercings, place AED pads on the side of it
- If they have a medication patch, remove it with gloved hands
- If they have a pacemaker, put it on the side of it

**Legal**

- The reason you can do CPR on an unconscious person is because of implied consent
- You can help someone when you are not getting paid, and be protected under the Good Samaritan Law
- If you are getting paid, you have a duty to act

**BVM**

- 2 people to operate it
- One person holds the mask, other squeezes the bag
- Broad end of the mask goes between the lips and the chin
- If you want to use an adult mask on an infant, reverse the mask, making it upside-down

**Reminder**

- No pulse = start CPR
- Pulse but not breathing = Rescue breathing
- Reassess patient every 2 minutes

**FYI**

- When you do CPR, you might break his/her ribs AND THAT'S OK.