



Lifeguard Training NY, LLC
 "Take a Class For Life"
 www.lifeguardtrainingny.com

No pulse = CPR

	Depth	Compressions per min	1 person	2 people	AED	Has pulse but not breathing
Adult	2-2.4 inches	100-120	30:2	30:2	Yes	1 ventilation-5 seconds
Child	About 2 inches	100-120	30:2	15:2	Yes	1 ventilation-3 seconds
Infant	1.5 inches	100-120	30:2	15:2	Yes	1 ventilation-3 seconds

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 = Ventilations
- Reassess patient every 2 minutes

FYI

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

Steps before starting CPR

- Check the scene and make sure its safe
- Put on gloves
- Check for responsiveness
- Call 911
- Look, listen and feel for 5-10 seconds
- No pulse, start CPR
- Has pulse but not breathing, begin ventilations (Rescue breathing)