



AMERICAN RED CROSS STANDARDS | Lay Person

STEPS BEFORE YOU ADMINISTER CARE | Check, Call, Care (CCC)

CHECK | Scene, Responsiveness, Unresponsiveness

- THE SCENE - Ensure Your Safety before you enter a scene; Obtain consent
 - *18 years and older - obtain consent from patient if conscious, consent is implied if unconscious
 - *18 years and younger - obtain consent from parent or guardian, if not present, consent is implied
- FOR RESPONSIVENESS - Shout while walking up to patient "Are you Okay?"
- FOR UNRESPONSIVENESS - Tap a Shout "Are you Okay?"

CALL | EMS OR 911

CARE | Provide care

- UNIVERSAL PRECAUTIONS – i.e. gloves, breathing barrier, glasses

START CPR | 30 Compressions, 2 Breaths

CARDIOPULMONARY RESUSCITATION | Unresponsive Patient

- Adult 30 compressions 2 breaths (Compression depth: at least 2 inches)
- Child 30 compressions 2 breaths (Compression depth: about 2 inches)
- Infant 30 compressions 2 breaths or puff (Compression depth: about 1 ½ inch)
 - *5 cycles in 2 minutes or 120 Compressions per minute

OBSTRUCTION | 30 Chest Thrust, Sweep, 2 Breaths

OBSTRUCTION OF AIRWAY | Breaths do not enter and chest does not rise and fall

- Retilt Head/Reset Tongue
- 1 breath
- 30 Chest Thrusts
- Visual Finger Sweep
- 2 Breaths
- Repeat until breaths enter and chest rises and falls

REASONS YOU MAY LEGALLY STOP CARE ONCE STARTED

- Equal or Higher Medical Authority arrive and take over care
- AED becomes available – AED may interrupt CPR in progress
- You are too tired to continue care
- Scene becomes unsafe
- Notice obvious signs of life

PRINT CERTIFICATION | streamlinehealth.com/print-certifications-lifeguard-training