



STREAMLINE

HEALTH SERVICES

AMERICAN RED CROSS | Lay Person CPR STEPS BEFORE YOU ADMINISTER CARE | Check, Call, Care (CCC)

CHECK

- CHECK SCENE Ensure your safety before entering scene; obtain consent
- CHECK RESPONSIVENESS Shout while walking up to patient "are you okay?"
- CHECK UNRESPONSIVENESS Tap a shout "are you okay?"
- CHECK SEVERE BLEEDING

CALL | EMS OR 911

UNIVERSAL PRECAUTIONS

CARE FOR PATIENT

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 puffs Compression depth about 1 ½ inch

NOTE | 5 cycles in 2 minutes or 100/120 Compressions per minute

OBSTRUCTION | 30 Chest Thrust, Sweep, 2 Breaths

OBSTRUCTION OF AIRWAY | Chest does not rise and fall

- Refit head/reset tongue, 1 breath
- 30 chest compressions, visual finger sweep, 2 breaths
 - Child, Infant | 2 or more rescuers 15 chest compressions
- 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 CERTIFICATIONS

ARC issues electronic certifications. Directions to download or print certifications are located on StreamlineHealth.com, click Resources, then click Print Certifications.

NOTE | Streamline Health Services does not have access to your ARC account. If you cannot remember your username and password or you need help accessing your electronic certifications, please contact the ARC Training Support Center at 800-Red Cross. Thank you!