



# CPR: Health Care Provider

## SCENE SAFETY ASSESSMENT

|          |  |
|----------|--|
| <b>S</b> | Stop   |
| <b>A</b> | Assess Scene   |
| <b>F</b> | Find Oxygen Kit, First Aid Kit, AED and take to injured person |
| <b>E</b> | Exposure Protection  |

## INITIAL ASSESSMENT

- Assess responsiveness, presence of normal breathing and a definite pulse (carotid)
- If unresponsive and not breathing normally, call EMS
- Begin CPR – start with chest compressions

## CPR – ADULT

**Do not delay CPR to wait for an AED or other equipment.**

### One Rescuer

- Use nipple line to find landmark at centre of the chest for compressions
- Deliver 30 compressions (at least 120 per minute)
- Deliver 2 normal breaths, about 1 second long, using barrier device
- Continue CPR cycles of 30:2

### Two Rescuers

- One rescuer does chest compressions
  - Pause compressions for ventilations; resume immediately after rescue breaths
- Second rescuer provides rescue breaths
- Switch roles every 2 minutes or after 5 cycles of 30:2

## USING AN AED

- Continue chest compressions while AED is set up
- Turn the unit on, and follow prompts provided by the unit
- Bare and dry the person's chest
  - Cut away clothing or shave off chest hair if necessary
- Apply pads firmly to the patient's bare chest. Follow illustrations on pads for placement
- Allow AED to analyze heart rhythm
- If the AED indicates 'shock advised'
  - Clear the scene both verbally and visually
  - State: "I'm clear, you're clear, all clear"
- Deliver shock when indicated
- Immediately after the shock, resume chest compressions
- Deliver 2 minutes of CPR; leave AED pads in place until EMS arrives
  - Follow prompts of the AED unit for reassessment

(Do not pause compressions to reassess the patient unless he moves or breathes.)

| Victim | One Rescuer | Two Rescuers | How to Compress      | Depth                     |
|--------|-------------|--------------|----------------------|---------------------------|
| Adult  | 30:2        | 30:2         | Two hands            | 5-6 cm                    |
| Child  | 30:2        | 15:2         | One or two hands     | 5 cm or 1/3 chest depth   |
| Infant | 30:2        | 15:2         | Two or three fingers | 3.5 cm or 1/3 chest depth |

NOTE: The rate of compressions is 120 per minute for all ages.



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## CPR FOR CHILDREN

### **One Rescuer**

- Assess responsiveness: tap collar bone and loudly ask, "Are you ok?"
- Check for presence of normal breathing and a definite pulse (carotid)
- If unresponsive and not breathing normally, begin CPR, starting with chest compressions, using heel of one hand
- After 2 minutes of CPR, call EMS if someone has not already done so
- If available, use AED as with an adult; use paediatric pads if available

### **Two Rescuers**

- One rescuer performs compressions while the second rescuer performs rescue breaths
- Use same technique as described above
- Compression-to-ventilation ratio changes to 15:2
- Pause compression for rescue breaths

## CPR FOR INFANTS

### **One Rescuer**

- Assess responsiveness: tap sole of foot and loudly ask, "Are you ok?"
- Check for presence of normal breathing and a definite pulse (inside upper arm)
- If unresponsive and not breathing normally, begin CPR
  - Place 2-3 fingers in the centre of the chest, between the nipples
- Compress about 1/3 the diameter of the chest
- After 2 minutes of CPR, take the infant with you to call EMS if not already done
- If available, use AED placing pads in centre of both chest and back (use paediatric pads if available)

### **Two Rescuers**

- One rescuer performs compressions while the second rescuer performs rescue breaths
- Compression-to-ventilation ratio changes to 15:2
  - Rescuer performing compression can switch to 'hands circling the chest and 2 thumbs compressing'
- Pause compression for rescue breaths

## FOREIGN-BODY AIRWAY OBSTRUCTION

### **Adults and Children**

- Locate navel and place balled fist, thumb in, against stomach above navel
- Place other hand over fist
- Pull sharply inward and upward until obstruction is released
- If patient becomes unconscious, begin CPR, starting with compressions

### **Infants**

- Place the infant face down on your forearm, cupping the head with your hand
- Deliver 5 back blows between shoulder blades
- Place other forearm over infant, creating a sandwich. Then turn infant over, face up
- Deliver 5 chest thrust as with CPR
- Alternate infant's position between face-down back blows and face-up chest thrusts until object is released



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### FIRST AID

- Bleeding – apply firm, direct pressure to the wound until bleeding has stopped and then bandage it
  - Apply a tourniquet for severe arterial bleeding
  - Place 2.5-5 cm above the wound with windlass over bleeding artery. Turn windlass and secure it
  - Note “T” or “TK” on victim’s forehead
  - Seek medical attention immediately
- Shock – maintain normal body temperature by providing warmth or cooling as needed
- Splinting – apply splint to injured limb, keep limb in position found and immobilise joints above and below the injury

### SUCTIONING

- Adults – no more than 15 seconds (back of mouth)
- Infants – no more than 5 seconds (nose)

CPR: HCP



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