



# 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)

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