

CPR Heartsaver Cheat Sheet

Adult (8y.o. - 100+y.o.)	Child (1y.o.- 8y.o.)	Infant (1day - 1y.o.)
*Assess responsiveness (shake & shout)	* Assess responsiveness (shake & shout)	* Assess responsiveness (shake & shout)
*Activate EMS (911)	*1 Rescuer do 5 cycles CPR before calling 911	*Activate EMS (911)
*Open Airway (head-tilt, chin-lift)	*Activate EMS (911)	*Open Airway (head-tilt, chin-lift)
*Look, listen, feel	*Open Airway (head-tilt, chin-lift)	*Look, listen, feel
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*Breathing assessment	*Breathing assessment	*Breathing assessment
*2 Breaths 1 sec. long Rescue breathing 1 every 5 - 6 sec.	*2 Breaths 1 sec. long Rescue breathing 1 every 3 sec.	*2 Breaths 1 sec. long Rescue breathing 1 every 3 sec.
*Check circulation 10 sec. Movement, Breathing, Coughing	*Check circulation 10 sec.	*Check circulation 10sec.
*30 Compressions 2 hands (1 ½ - 2 in. depth) Rate of 100 per min. Ratio-30:2 1 rescuer Ratio-30:2 2 rescuer	*30 Compression 1or2 hands(1-1 ½ depth) Rate of 100 per min. Ratio-30:2 1 rescuer Ratio-30:2 2 rescuer	*30 Compressions 2 fingers (½ -1in. depth) Rate of 100 per min. Ratio-30:2 1 rescuer Ratio-30:2 2 rescuer
Intubated Constant compressions 1 breath every 6 to 8 sec.	Intubated Constant compressions 1 breath every 6 - 8 sec.	Intubated Constant compressions 1 breath every 6 - 8 sec.
Reassess- After 5 cycles of CPR or 2 minutes		