

HEARTSAVER®

Adult CPR AED

1 Check that the scene is safe.

2 Tap and shout. **(A)**

3 Shout for help. **(B)**

Call the local emergency response number and place the phone on speaker mode so that you can talk to the dispatcher, or send someone else to call the local emergency response number and get an AED.

4 Check if the person is unresponsive and not breathing or only gasping. **(C)**

5 Push hard and fast in the center of the chest. **(D)**

- Give 30 compressions.
- Push straight down at least 5 cm.
- Give 100 to 120 compressions per minute.
- Let the chest come back up to its normal position.
- Try not to interrupt compressions for more than 10 seconds.

6 Open the airway and give 2 breaths. **(E)**

7 Repeat sets of 30 compressions and 2 breaths. **(F)**

8 When the AED arrives, use it immediately. Turn it on and follow the prompts. **(G)**



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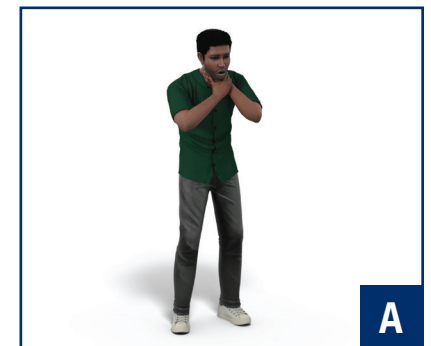
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Adult Choking

1 Recognize a severe airway block when someone

- Makes the choking sign **(A)**
- Cannot breathe, cough, speak, or make sounds

Ask, "Are you choking?" If they nod yes, say, "Can I help you?"



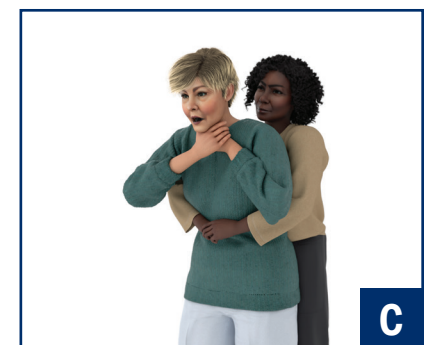
2 Position yourself properly.

- Put one foot (or one knee if you are kneeling) in front of the other to give yourself a steady base.
- Place one hand on the person's shoulder.



3 Give back blows between the shoulder blades.

- Bend the person slightly forward, and use the heel of your other hand to give them 5 forceful back blows between the shoulder blades. **(B)**



4 Give thrusts slightly above the belly button and below the breastbone until **(C)**

- The object is forced out, *or*
- The person can breathe and make sounds, *or*
- The person becomes unresponsive



5 If the person becomes unresponsive, do the following:

- Carefully slide them to the floor faceup.
- Shout for help.
- Call or have someone else call the local emergency response number and get an AED. Put the phone on speaker mode so that you can talk to the dispatcher.
- Provide CPR, starting with compressions in the center of the chest. **(D)**
- After each set of 30 compressions, open the airway to give breaths.
 - Look in the mouth. If you see an object in the mouth, take it out.
 - If you can't see the object, do not reach into their mouth to try to find it. You could accidentally push the object in farther and make things worse.
 - Give 2 breaths and then repeat 30 compressions. **(E)**
- Continue CPR until
 - The person moves, speaks, blinks, or otherwise reacts, *or*
 - Someone with more advanced training arrives and takes over
- If you're alone with someone who becomes unresponsive after choking and you do not have a phone, it's important to complete 5 cycles of CPR, starting with giving 30 compressions, checking for the object, and then giving 2 breaths, before you leave to call the local emergency response number and get an AED.



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Child CPR AED

1 Check that the scene is safe.

2 Tap and shout. **(A)**

3 Shout for help. **(B)**

Call the local emergency response number and place the phone on speaker mode so that you can talk to the dispatcher, or send someone else to call the local emergency response number and get an AED.

4 Check if the child is unresponsive and not breathing or only gasping. **(C)**

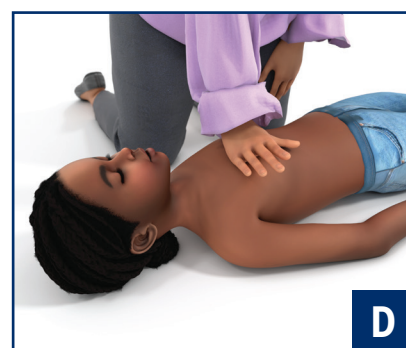
5 Push hard and fast in the center of the chest. Give 30 compressions. **(D)**

- Push straight down at least one third the depth of the chest, or about 5 cm.
- Give 100 to 120 compressions per minute.
- Let the chest come back up to its normal position.
- Try not to interrupt compressions for more than 10 seconds.

6 Open the airway and give 2 breaths. **(E)**

7 Repeat sets of 30 compressions and 2 breaths. **(F)**

8 When the AED arrives, use it immediately. Turn it on and follow the prompts. **(G)**



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Child Choking

1 Recognize a severe airway block when a child

- Makes the choking sign **(A)**
- Cannot breathe, cough, speak, or make sounds
- Has a cough that has no sound

Ask, "Are you choking?" If they nod yes, tell them you are going to help.



2 Position yourself properly.

- Put one foot (or one knee if you are kneeling) in front of the other to give yourself a steady base.
- Place one hand on the child's shoulder.



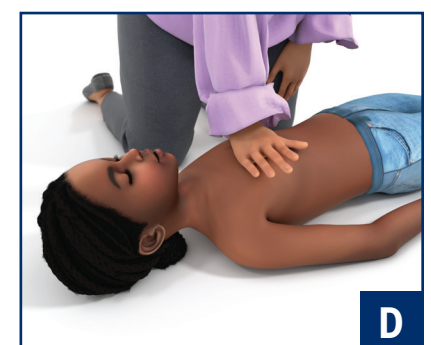
3 Give back blows between the shoulder blades.

- Bend the child slightly forward, and use the heel of your other hand to give them 5 forceful back blows between the shoulder blades. **(B)**



4 Give thrusts slightly above the belly button and below the breastbone until **(C)**

- The object is forced out, *or*
- The child can breathe and make sounds, *or*
- The child becomes unresponsive



5 If the child becomes unresponsive, do the following:

- Carefully slide them to the floor faceup.
- Shout for help.
- Call or have someone else call the local emergency response number; put the phone on speaker mode so that you can talk to the dispatcher while you begin CPR.
- Give sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen). **(D)**
 - If you can't see the object, do not reach into their mouth to try to find it. You could accidentally push the object in farther and make things worse.
- If you are alone and do not have a phone, give 5 sets of 30 compressions and 2 breaths. Then, go call the local emergency response number and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions.
- Continue CPR and looking in the mouth after each set of compressions until **(E)**
 - The child moves, cries, speaks, blinks, or otherwise reacts, *or*
 - Someone with more advanced training arrives and takes over



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Infant CPR

1 Check that the scene is safe.

2 Tap and shout. **(A)**

3 Shout for help. **(B)**

Call the local emergency response number and place the phone on speaker mode so that you can talk to the dispatcher, or send someone else to call the local emergency response number and get an AED.

4 Check if the infant is unresponsive and not breathing or only gasping. **(C)**

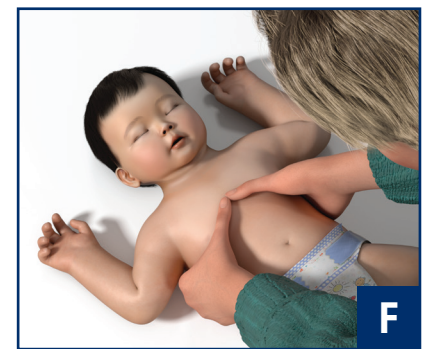
5 Push hard and fast in the center of the chest. Give 30 compressions. **(D)**

- Push straight down at least one third the depth of the chest, or approximately 4 cm.
- Give 100 to 120 compressions per minute.
- Let the chest come back up to its normal position.
- Try not to interrupt compressions for more than 10 seconds.

6 Open the airway and give 2 breaths. **(E)**

7 Repeat sets of 30 compressions and 2 breaths. **(F)**

8 If you are alone after 5 sets of 30 compressions and 2 breaths, take the infant with you to call the local emergency response number and get an AED. Continue to provide CPR. **(G)**



Infant Choking

1 Recognize a severe airway block when an infant

- Cannot breathe or make a sound
- Has a cough that has no sound



2 Remove the object (support the infant's head):

- Give up to 5 back blows: hold the infant facedown, making sure their head is lower than the rest of their body. Then, use the heel of your free hand to give 5 firm back blows between the shoulder blades. **(A)**
- If the object does not come out, turn the infant onto their back.
- Give up to 5 chest thrusts: use the heel of your hand to push on the chest in the same place you push during CPR. **(B)**
- Repeat giving up to 5 back blows and up to 5 chest thrusts until the infant can breathe, cough, or cry or until they become unresponsive.



3 If the infant becomes unresponsive, do the following:

- Place them faceup on a firm, flat surface.
- Shout for help.
- Call the local emergency response number; put the phone on speaker mode so that you can talk to the dispatcher while you begin CPR.
- Give sets of 30 compressions and 2 breaths, checking the mouth for objects after each set of compressions (remove object if seen). **(C)**
 - If you can't see the object, do not reach into their mouth to try to find it. You could accidentally push the object in farther and make things worse.
- If you are alone and do not have a phone, after 5 sets of 30 compressions and 2 breaths, take the infant with you to call the local emergency response number and get an AED. Use the AED as soon as it is available. Continue CPR, checking the mouth for objects after each set of compressions. **(D)**
- Continue CPR and looking in the mouth after each set of compressions until
 - The infant moves, cries, speaks, blinks, or otherwise reacts, *or*
 - Someone with more advanced training arrives and takes over



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