

<b>CPR Skills Sheet</b> <b>“CAB”</b>	<u><b>ADULT</b></u> <b>(1 Person)</b> <b>Age: Puberty and up</b>	<u><b>CHILD</b></u> <b>(1 Person)</b> <b>Age: 1 year to puberty</b>	<u><b>INFANT</b></u> <b>(1 Person)</b> <b>Age: birth to 1 year</b>
<b>COMPRESSIONS</b>	<b>START</b> If not breathing or not breathing normal HCP—Carotid (neck) pulse check No more than 10 seconds	<b>START</b> If not breathing or not breathing normal HCP—Carotid (neck) pulse check No more than 10 seconds	<b>START</b> If not breathing or not breathing normal HCP—Brachial (arm) pulse check No more than 10 seconds
<b>HAND/FINGER PLACEMENT</b>	<b>2 hands</b> Mid-nipple line on sternum	<b>1 or 2 hands</b> Mid-nipple line on sternum	<b>2 fingers</b> 1 finger width below nipple line on sternum
<b>COMPRESSION DEPTH</b>	At least 2 inches Push hard, push fast Allow complete chest recoil	2 inches Push hard, push fast Allow complete chest recoil	1 1/2 inches Push hard, push fast Allow complete chest recoil
<b>COMPRESSION RATE</b>	At least 100 per minute	At least 100 per minute	At least 100 per minute
<b>COMPRESSION/ VENTILATION CYCLES</b>	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles	30 compressions to 2 ventilations (breaths) HCP– 2 people 15:2 and change every 2 minutes/5 cycles
<b>AIRWAY</b>	Head tilt/chin lift	Head tilt/chin lift	Head tilt/chin lift
<b>BREATHING</b>	2 Breaths Seal mouth / pinch nose of victim Ventilate (breath) to see adequate rise of chest	2 Breaths Seal mouth / pinch nose of victim Ventilate (breath) to see adequate rise of chest	2 Breaths Seal mouth and nose of victim Ventilate (breath) to see adequate rise of chest
<b>AED</b>	Use adult pads	Use child pads *Use adult pad if child pad is unavailable	Use child pads *Use adult pad if child pad is unavailable
<b>CHOKING / FOREIGN BODY AIRWAY OBSTRUCTION</b>	Conscious-abdominal thrusts  Unconscious—CAB	Conscious-abdominal thrusts  Unconscious—CAB	Conscious-Back blows / Chest thrusts Unconscious—CAB