



EMSIA OF SANTA CRUZ COUNTY

EMERGENCY MEDICAL SERVICES INTEGRATION AUTHORITY



07/01/2011

Santa Cruz County Bystander CPR Summary

Component	Adults	Children	Infants
Recognize Cardiac Arrest	Unresponsive		
	No breathing or only gasping	No breathing or only gasping	
Get Help/Defibrillator	Call 911, find a defibrillator		
Start Compressions	At least 100/min		
Push Hard	At least 2 inches	2 inches	1.5 inches
Push Fast	At least 100/min		
Full Recoil	Complete recoil between compressions. Rotate compressors every 2 minutes.		
Limit Interruptions	Limit interruptions < 10 seconds		
Defibrillate	Use AED ASAP; defibrillate every 2 minutes		
Open Airway (children/asphyxic arrest in adults)	Head tilt-chin lift		
Ventilate	2 1-second ventilations		
Compression to Ventilation Ratio	Continuous compressions or 30:2 (asphyxic arrest)	30:2	30:2
FBAO in adults and children	<ul style="list-style-type: none"> - Conscious? Abdominal thrusts - Unconscious? Start CPR; remove any visible obstruction 		
FBAO in infants	<ul style="list-style-type: none"> - Conscious? 5 back slaps/5 chest thrusts, head in dependent position; repeat. Remove visible obstruction. - Unconscious? Begin CPR; remove visible obstruction. 		