

# CPR Procedure

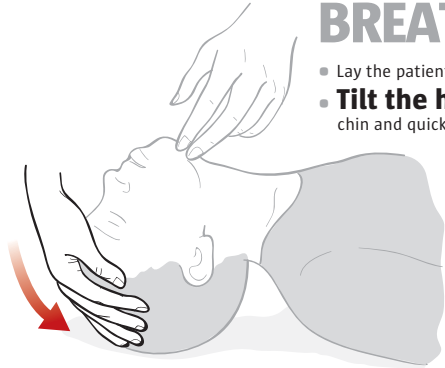
Experts recently recommended major adjustments in cardiopulmonary resuscitation (CPR) to emphasize chest compressions. Why? Because when the heart stops beating, the body still has a supply of oxygen-rich blood. Chest compressions keep that blood circulating to the heart, brain and other vital organs to keep the person alive. Research shows more compressions may increase the chance of survival. Thus, **the American Heart Association recommended increasing the number of compressions from 15 to 30, and alternating the 30 compressions with two quick mouth-to-mouth breaths.** The American Red Cross concurs. Rescuers should “push hard, and push fast,” minimizing interruptions to chest compressions, the Heart Association said. It’s like keeping up the pressure in a hand-operated pump.

## 1. CHECKING FOR CONSCIOUSNESS

**Tap the victim on the shoulder and shout.** If he doesn’t respond, **call 911.** If an automatic defibrillator (AED) is at the scene, use it immediately. AEDs in public places have easy instructions.

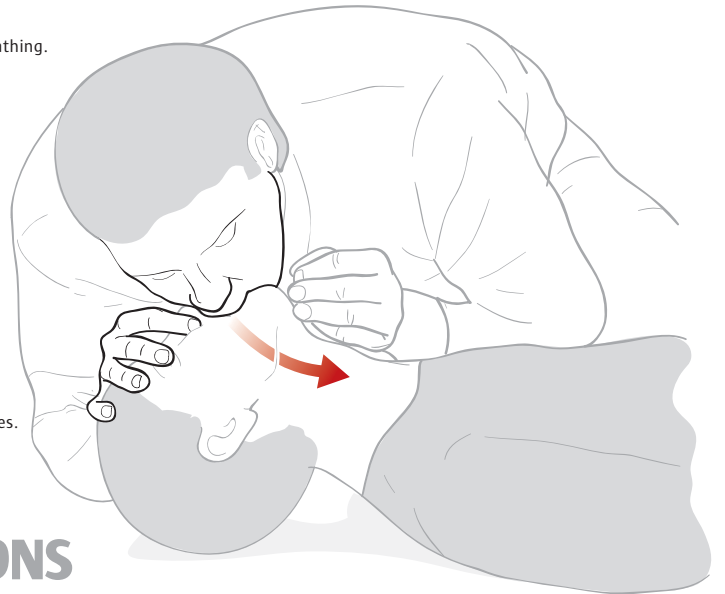
## 2. RESCUE BREATHING

- Lay the patient on his back on a firm surface.
- **Tilt the head back**, lift the chin and quickly look and listen for breathing.



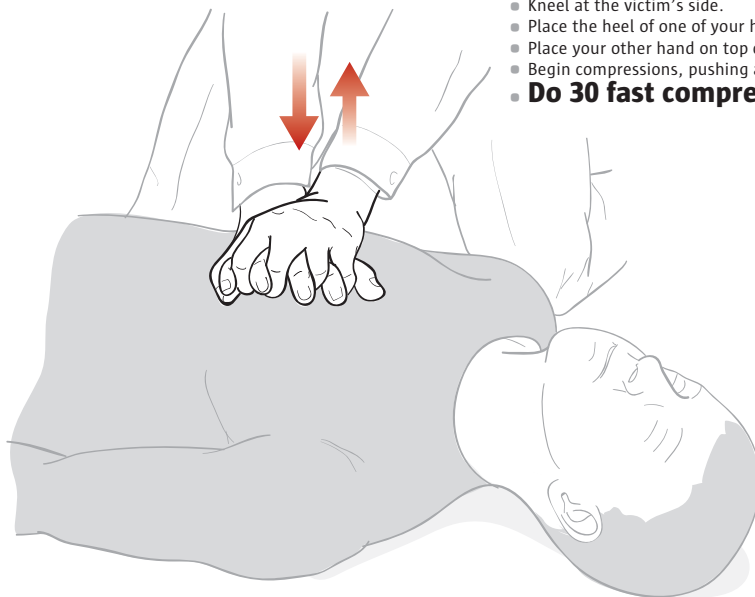
If there is none, **give two quick rescue breaths:**

- Pinch the nose.
- Cover the patient’s mouth with yours and blow until the chest rises.
- Give each breath in about one second.
- Do not check for a pulse.



## 3. CHEST COMPRESSIONS

- Kneel at the victim’s side.
- Place the heel of one of your hands on the lower part of the breast bone between his nipples.
- Place your other hand on top of that hand.
- Begin compressions, pushing about two inches deep.
- **Do 30 fast compressions** – faster than one per second.



**REPEAT CYCLE: two breaths and 30 compressions**

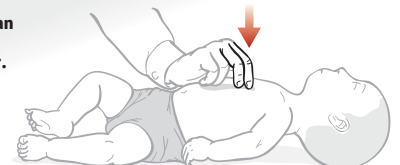
### For children ages 1 to 8

If someone else is available, have him call 911. Immediately begin CPR, according to instructions above, except: **Use one hand for smaller children.** With compressions, **push about one-third the depth of the chest.** Perform five cycles of rescue breathing and chest compressions. Then call 911, if someone else hasn’t already. Then use an automatic defibrillator, if one is at the scene.

### For children younger than age 1

If someone else is available, have him call 911. Immediately begin CPR, according to above instructions, except: For chest compressions, **place two fingers in middle of chest** just below nipple line. Perform five cycles of rescue breathing and chest compressions. Then call 911, if someone else hasn’t already.

**Do not use an automatic defibrillator.**



#### CPR CLASSES, INFORMATION:

American Heart Association: 800-AHA-USA1 (800-242-8721)  
 American Red Cross: 206-323-2345 or [www.seattleredcross.org](http://www.seattleredcross.org)  
 More information on CPR, with animation: University of Washington, [www.learn-cpr.org](http://www.learn-cpr.org)

Warren King: 206-464-2247 or [wking@seattletimes.com](mailto:wking@seattletimes.com)

Sources: American Heart Association, American Red Cross, University of Washington

ILLUSTRATIONS BY KRISS CHAUMONT / THE SEATTLE TIMES