

# Chapter 4

## Basic Life Support for Adults and Children

- Rescue breathing
- CPR
- Airway obstruction

# Opening the Airway

- Head tilt - chin lift
- Jaw thrust - chin lift



**Head tilt - chin lift**



**Jaw thrust—chin lift**

# Check for Breathing



Look

Listen

Feel

# Rescue Breathing

## ➤ Adult

- one breath every five seconds

## ➤ Child (1-8 years)

- one breath every three seconds

# Methods of Rescue Breathing

- Mouth-to-mask
- Mouth-to-mouth
- Mouth-to-nose
- Mouth-to-stoma

# Mouth-to-Mask





# Mouth-to-Nose



# Adult CPR

1 of 2

- Find proper landmark
- Compress chest 1 1/2 to 2 inches
- Give 15 compressions and 2 breaths

# Adult CPR

2 of 2



# Child CPR

1 of 2a

- Find proper landmark
- Compress chest 1 to 1 1/2 inches
- Give 5 compressions and 1 breath

# Child CPR

2 of 2



# Two-Rescuer CPR

1 of 2

- Rescuers do not tire as quickly
- Increases rescue breaths delivered
- Compression effectiveness can be checked

# Two-Rescuer CPR 2 of 2



# When to Stop CPR

1 of 2

- Patient regains pulse
- Replaced by other trained rescuer
- Physician tells you to stop
- You are too exhausted to continue



# When to Stop CPR 2 of 2

- Scene becomes unsafe
- Trained person arrives with AED
- Cardiac arrest lasts longer than 30 minutes

# CPR Complications

- Fractures
- Cartilage separation
- Bruising
- Punctures
- Ruptured lungs

# Causes of Airway Obstruction

- Tongue
- Food
- Foreign bodies
- Vomit
- Swelling

# Types of Airway Obstructions

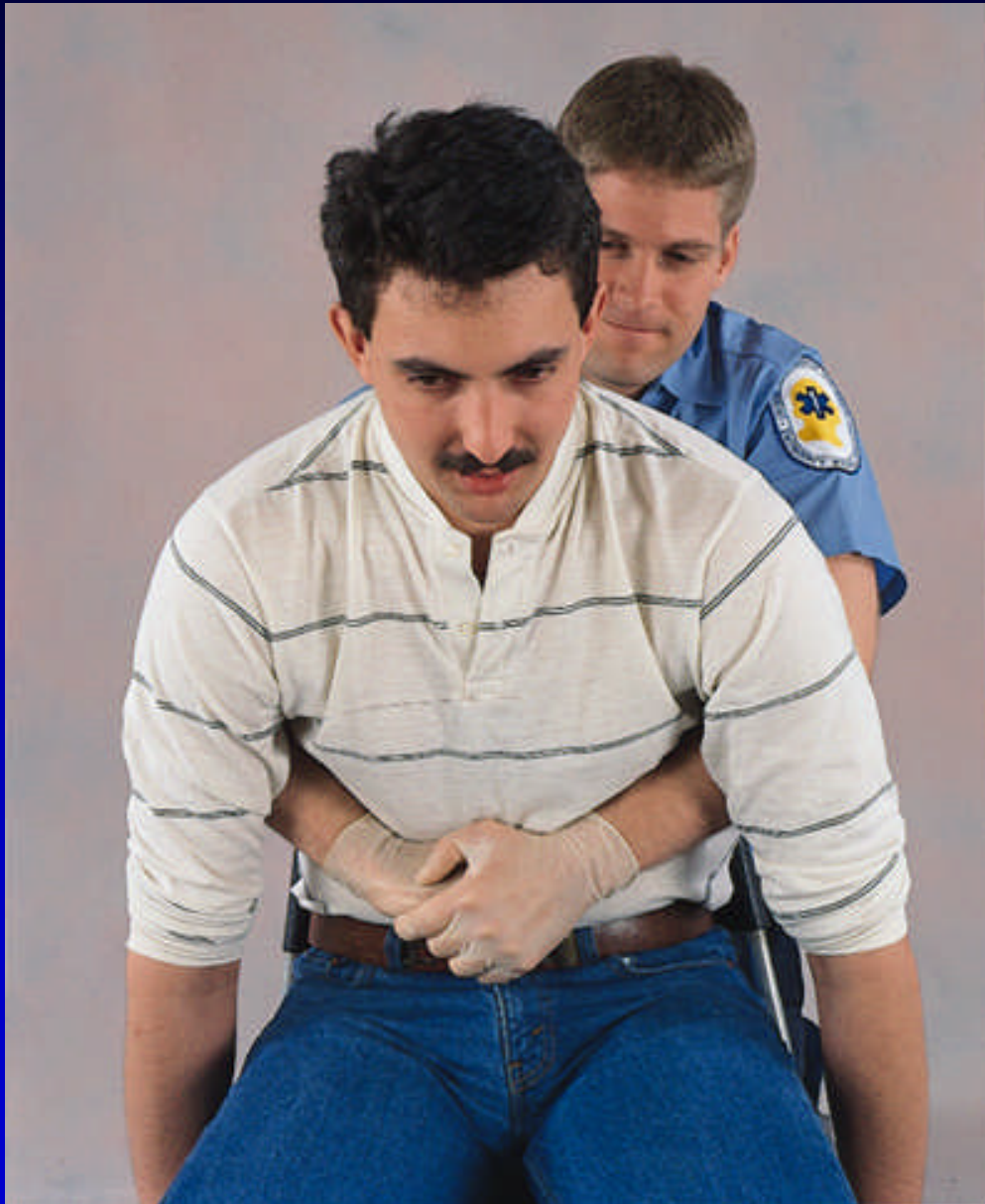
- Partial obstruction
- Complete obstruction

# Signs of Choking

- Person cannot:
  - speak
  - cough
  - breathe



# Heimlich Maneuver



# Chest Thrusts





# Unconscious Airway Obstruction

- Check consciousness
- Check airway
- Check for breathing
- Attempt two breaths
- Reposition
- Re-attempt two breaths

# Abdominal Thrusts

