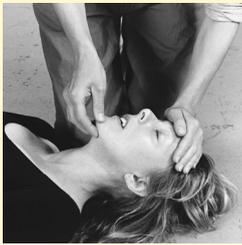


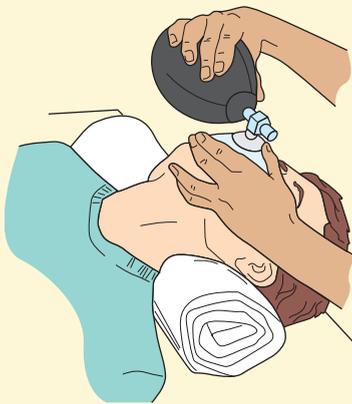
Cardiopulmonary Resuscitation (CPR) Checklist

- ☑ Assess for responsiveness; shake and ask “Are you okay?”
- ☑ Call for help. Dial 911 (if outside the health care facility) or initiate the institutional cardiac arrest procedure.
- ☑ Open the airway using the head tilt–chin lift maneuver: Simultaneously press down on the client’s forehead with one hand to tilt the head back. Lift the chin forward using the fingers of the other hand under the bony part of the chin (part A of the accompanying figure).



A

- ☑ Check for breathing. With the ear next to the client’s mouth and nose, *look* for the chest to rise and fall with respirations, *listen* for exhalation, and *feel* for the flow of air.
- ☑ If not breathing, give two full breaths using a pocket mask, mouth shield, or bag–valve mask (see part B of the figure). Observe for chest rise and fall during ventilation.



B

- ☑ Check for a carotid pulse. (Take approximately 5 to 10 seconds to check the pulse.)
- ☑ If pulse is present, continue rescue breathing at 10 to 12 breaths per minute. Recheck the carotid pulse every 12 breaths.
- ☑ If pulse is absent, begin chest compressions. Place the client on a firm surface. Place the heel of one hand on the lower

half of the sternum so that the long axis of the heel of the hand is on the long axis of the sternum (see part C of the figure). Place the other hand on top of the hand on the sternum with the fingers either extended or interlocked.



C

- ☑ With the arms straight and elbows locked, press straight down to depress the sternum 1½ to 2 inches (part D of the figure). Release pressure completely between compressions but do not lift the hands from the chest.



D

- ☑ Compress the chest 80 to 100 times per minute (one-and-two-and...).
- a. With one-rescuer CPR, provide 2 breaths after each 15 compressions. Assess the pulse after 4 complete cycles of 15 compressions and 2 breaths; continue CPR until help arrives.
- b. With two-rescuer CPR, provide 1 breath after every 5 compressions. Assess pulse every minute for 3 to 5 seconds. If no pulse is present, continue CPR until help arrives.

Note: Refer to a fundamentals or skills text for more detailed instruction and check state guidelines and facility policy before performing any procedure.