


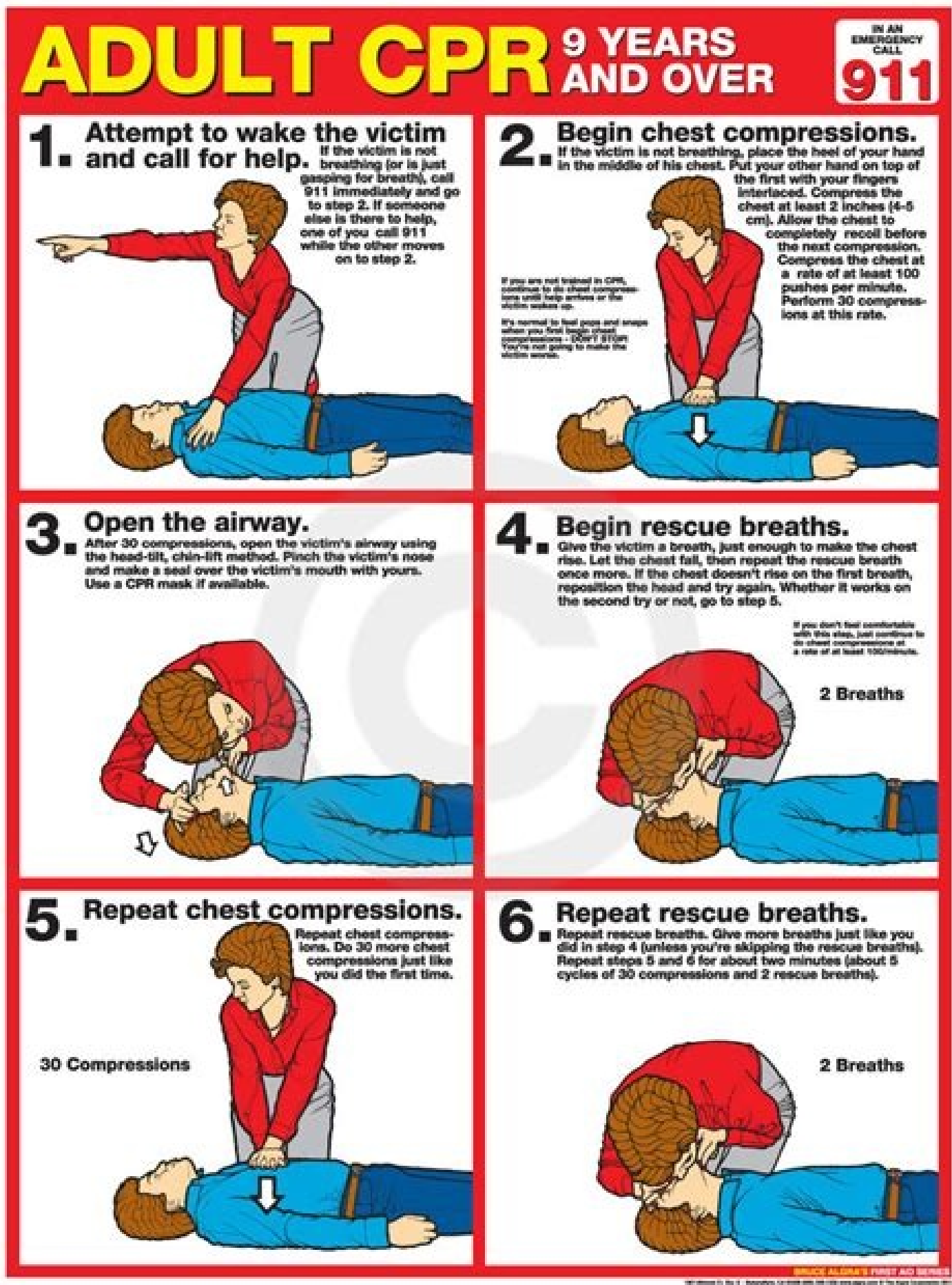
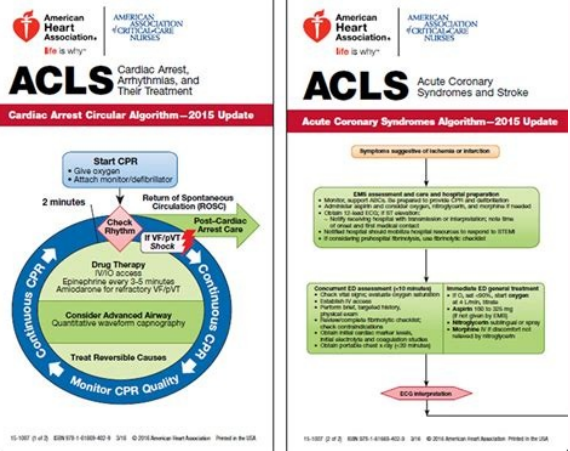
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# Cpr guidelines 2018 canada



# CPR GUIDELINES

## ADULTS & CHILDREN 8+ YEARS

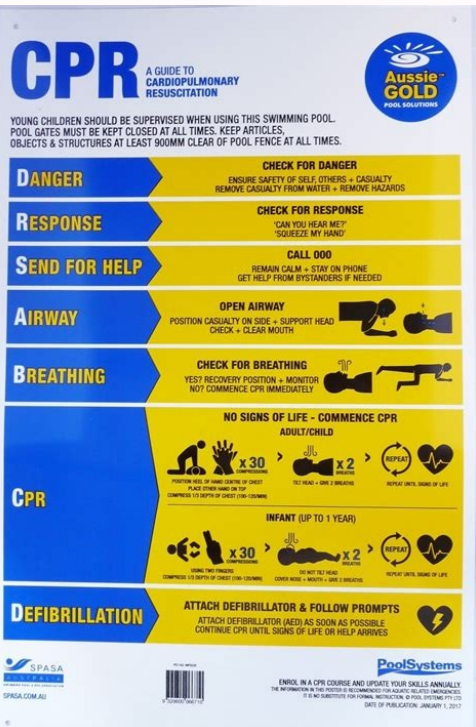
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## 2018 Focused Update AHA Guidelines for CPR and ECC



## CPR & EMERGENCY CARDIOVASCULAR CARE



the heel of the hands and straight elbows, push hard and fast in the center of the chest slightly below the nipples. Push at least 2 inches deep. This will increase the respirator rate to 20-30 breaths per minute by having 1 breath every 2 to 3 seconds. The risk of harm to the patient is low if the patient is not in cardiac arrest. If an AED arrives, carry on performing CPR until the machine is set up and ready to use. The CPR steps for children and infants are slightly different to the steps for adults, as below. Preparation steps to perform CPR on an infant or child, use the following preparation steps: Step 1. Breathe into their mouth twice. For an infant, place your mouth over their nose and mouth and blow for 1 second to make their chest rise. Check for breathing. Place your ear next to their mouth and listen for about 10 seconds. Bystanders should not be afraid to start CPR even if they are not sure whether the victim is breathing or in Cardiac Arrest. However, the basic cycle of chest compressions and rescue breaths will remain the same. Only use CPR when an adult has stopped breathing. A sixth link, Recovery, was added to the Chains of Survival for both Pediatric and Adults. Press down hard and fast around 2 inches deep, or one-third the depth of the chest, at least 100 times per minute. For an infant, use two fingers. For children, tap their shoulder and shout, "Are you OK?" For infants, flick the sole of their foot to see if they respond. If you are alone with the child and they are not responding, give them 2 minutes of care and then call 911. Offices and other public buildings tend to house these. If the child does respond, call 911 to report a life-threatening condition. Step 2. If it is not loose, trying to find factors that could push it farther into the airway. Step 3. Update the ratio of rescue breaths in pediatrics. The 2015 guidelines recommended traditional CPR cycles of 30 chest compressions to two rescue breaths for all age groups and a two-rescuer CPR cycle of 30 chest compressions to one rescue breath for all ages. In all cases, if the person is not breathing, give CPR to ensure that oxygen-rich blood reaches the brain. Keep monitoring their breathing and perform CPR if they stop breathing. CPR steps Use the following steps to perform CPR: Step 4. Approximately every five years the International Liaison Committee on Resuscitation (ILCOR), updates the guidelines for CPR and ECC (Emergency Cardiac Care). If it is not loose, do not touch it, as this may push it farther into their airways. Step 5. If their chest still does not rise with a second breath, the person might be choking. Step 6. Call 911 first, check the scene for factors that could put you in danger, such as traffic, fire, or falling manure. If it is loose, remove it. 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