



# Healthcare CPR Cheat Sheet

Provided by ProCPR.org (a ProTrainings Company)

## Check The Scene

Is it safe to approach? Tap and shout to see if you get a response from the person and look for signs of breathing.

## Call 911 Immediately!

If alone and nobody is available to call. For an infant or child not breathing, attempt CPR first for 2 minutes before calling EMS.

**Check for a pulse for no more than 10 seconds**

### No pulse or breathing? Start CPR.

**30 Chest Compressions** on the center of the chest and **2 Breaths**.

#### For Compressions:

**Adult:** Both hands

**Child:** One hand

**Infant:** 2 fingers

### Pulse but no breathing? Start Rescue Breathing.

Open the Airway (Tilt head, lift chin) **Give breaths** for the following intervals:

#### For Breaths:

**Adult:** **1 breath** every **5 sec.**

**Child & Infant:** **1 breath** every **3 sec.**

## The ProCPR Method

### Protect Yourself

If the scene is unsafe, call 911  
If the scene is safe, use protective equipment

### Respond

Unsafe: can it be made safe?  
Is it a true emergency?

### Observe Signs/Symptoms

Shout and tap to determine responsiveness  
Call 911 if no response and/or life threatening condition

### Provide Proper Care

Treat patient based on present medical conditions

### Relinquish Care

pass patient to provider of the next level of care



# Choking Victim Cheat Sheet

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## Unconscious Choking:

### Begin:

#### **30 Chest Compressions**

Check mouth for object,  
remove with finger

Attempt rescue breaths

### Does the chest rise?

#### **If so:**

check for pulse

If there is a pulse start  
**rescue breathing.**

Still no pulse?

#### **If not:**

Re-position the head

**Attempt Breaths Again.**

Still not rising?

**Repeat 30 chest compressions**  
checking for an object, and  
attempting **2 rescue breaths.**

## Conscious Choking:

### Adult & Child:

Place thumb side of fist just above the navel

Thrust upwards into abdomen

### Infant:

Alternate between **5 back blows** and **5 chest thrusts**

If the patient is pregnant or too large, place thumb  
side of fist in center of chest and thrust upwards