

# 2005 COMMUNITY CPR GUIDELINES

---

Adult  
Over 8 years

Child  
1-8 years

Infant  
Under 1 year

## Assess Scene:

If not safe or becomes unsafe at any time get out!

## Assess Patient:

Check for response, if patient is unresponsive or not moving.....

## Alert:

As soon as patient is found \* Give 5 cycles of CPR 2 minutes

## Attend to the ABC's

**Airway:** Open the airway head tilt chin lift

**Breathing:** 2 rescue breaths give each breath in 1 second  
Make the chest visibly rise.

## Compressions:

	30 Compressions 2 Breaths	
Two Hands	One or Two Hands	Two Fingers

Push hard, fast let the chest completely recoil, minimize interruption.  
About 100 per minute

1 1/2 to 2 Inches	1/3 - 1/2 depth of chest	1/3 - 1/2 depth of chest
-------------------	--------------------------	--------------------------

## ***Cross' Lifeline Emergency Training***

O: 1866.508.7234 F: 623.266.9637

[www.crosslifeline.com](http://www.crosslifeline.com)

[Info@crosslifeline.com](mailto:Info@crosslifeline.com)

