



KAISER PERMANENTE®

Rescue Breathing and CPR

CPR is an emergency life-saving procedure used to revive someone who has stopped breathing. It includes opening an airway, breathing for the victim, and doing chest compressions—if the person's heart has stopped beating.

It should first be noted that CPR should never be performed unless someone's breathing has stopped or there is no heartbeat. In an emergency situation like this, it is best that someone trained in CPR perform the rescue breathing. To get CPR training, you can take a course from the American Red Cross or the American Heart Association. This message only gives you the basics of CPR and is not a substitute for proper CPR training.

CPR involves the following five steps. These steps are covered in greater detail in your *Kaiser Permanente Healthwise Handbook*.

Step 1: Check for Consciousness.

If someone seems unconscious, grab him or her by the shoulders and shout, "Are you okay?" If you get no response, roll the person onto the back gently unless there is a possible spinal injury. If you still don't get a response, seek help. If the person is eight or younger, give them one minute of rescue breathing and CPR before calling 911. If the person is nine or older, call 911 first, then perform the rescue breathing and CPR.

· Open the airway.

If the person is not breathing, first turn the head to the side and use your finger to clear any objects from the mouth. Then place a hand on the person's forehead, tilt the head back gently, place the fingers of your other hand under the chin, and lift it up and forward. Sometimes this is enough to get the person breathing again. Look and feel for signs of breathing. If they don't appear, begin Step 3.

· Begin Rescue Breathing.

Pinch the person's nostrils shut with your thumb and forefinger, while continuing to tilt the chin forward with your other hand. Then take a deep breath and put your mouth directly on the person's mouth, making a tight seal. For an infant, place your mouth over both the mouth and nose. Then slowly blow air in until the person's chest rises. Allow about two seconds for each breath, then pull away for a few seconds to take another deep breath while the person's chest falls. After two full breaths, stop for a minute and proceed to Step 4.

· Check for Circulation.

Look for the carotid artery in the neck, in the groove beside the voice box or Adam's apple. Feel for a pulse for ten seconds. If you can feel a pulse, keep doing rescue breathing until help arrives or until the person starts breathing without help. For those nine and older, give one breath every five seconds. For children between the ages of one and eight, give one breath every four seconds. And for infants under a year old, give one breath every three seconds. If you don't feel a pulse, go on to Step 5.

· **Begin Chest Compressions.**

In the case of adults, kneel beside the person in a perpendicular (not parallel) manner. Use two fingers to locate the end of the breastbone (or sternum) and place the heel of the other hand directly above your fingers. Then take your fingers away and place that hand on top of the one in position. Straighten your arms, lock your elbows, center your shoulders directly over your hands, and press down in a steady rhythm using your body weight. On the upstroke, lift your weight but not your hands from the person's chest. After 15 compressions, tilt the chin upwards (as you did before in Step 2), and give two full slow breaths, taking one breath in between. Repeat the cycle of 15 compressions and two breaths four times, then check for a pulse again. If there is still no pulse, keep doing compressions until help arrives or the person's pulse and breathing return. For a child, use the heel of one hand and press with less force. For an infant, press with two fingers on the sternum, just below the center between the nipples. For infants and children, check the pulse after five chest compressions.



For additional health information you can trust:

- Log on to our members-only Web site at www.kaiserpermanente.org/california, then click the "Kaiser Permanente Members Only" button
- Visit your local Kaiser Permanente Health Education Center
- Check your Kaiser Permanente Healthwise Handbook
- Listen to the Kaiser Permanente Healthphone messages at 1-800-33 ASK ME (1-800-332-7563)

To get your free Handbook and Healthphone Directory, call 1-800-464-4000.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent health problems or if you have additional questions, please consult with your doctor or other health care professional.

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