



Healthcare Provider CPR

## Wallet Skill Card

www.procpr.org

ProTrainings, LLC  
5005 Plainfield Ave NE  
Grand Rapids, MI 49525

1-888-406-7487  
support@protrainings.com

### If pulse present & no breathing, START RESCUE BREATHING

#### Rescue Breathing

- Open **A**irway using head tilt chin lift
- If no breathing, give 2 breaths. Watch for chest rise.

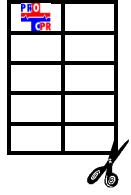
**Adult** – 1 breath every 5 seconds

**Child and Infant**– 1 breath every 3 seconds

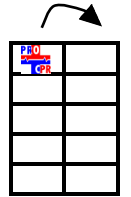
- Reassess Circulation every 2 minutes. Check for a pulse for no more than 10 seconds



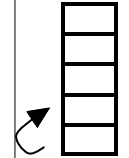
**Directions:**  
Cut around outside black lines.



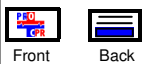
Fold on center line with printing on the outside.



Place paper on table with ProCPR logo facing down. Begin folding each panel up at the black lines one inside the other.



If folds were done correctly you should end up with a card that has the ProCPR logo on front and the ProCPR Method panel on the back.



For a longer lasting card, cover with clear mailing tape or laminate.

### The ProCPR Method

**Protect yourself**— If scene is unsafe, stay at a safe distance and activate EMS (call 911). If responding, apply personal protective equipment.



**Respond**— Is scene safe or can it be made safe? Is it a true emergency?

**Observe signs and symptoms**— Shout and tap to determine level of responsiveness. Ask what happened? Are there any life threatening conditions?

**Call**— If no response or life threatening conditions exist, activate EMS (call 911).

**Provide proper care**— for the patient based on present medical conditions.

**Relinquish care**— to the provider of the next level of care.

### If no pulse and no breathing, START CPR

**Give 30 chest compressions and 2 breaths** at a rate of at least 100 compressions per minute. Continue cycles of 30 compressions to 2 breaths until AED arrives, EMS personnel take over, patient shows signs of life, or you are too exhausted to continue.

#### Hand placement for compressions:

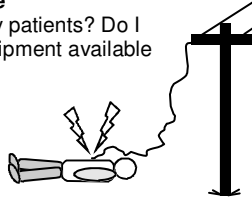
- **Adult**— Place heel of hand of dominant hand on center of chest. The second hand should be placed on top.
- **Child**— Place heel of one hand in the center of the chest between the nipples. Use the second hand if necessary.
- **Infant**— Place 2 fingers on the center of the chest just below the nipples.



### STEP 1

#### Check the Scene

Is it safe? What happened? How many patients? Do I need EMS? Is personal protective equipment available and ready to use?



#### Check the patient if it is safe to help

Tap and shout. Is there any response? Is person breathing normally? If no response, and not breathing normally activate EMS.

### AED

- **Turn the machine on first.**
- Bare the chest. Dry it off if it is wet. If excessive hair, shave it off.
- Place one pad on upper patient's-right chest. Place other pad on lower patient's-left ribs.
- Follow the directions the AED gives.
- Do not move patient or AED during analysis or shocks.
- Shout, "Stand Clear" before pushing the shock button.
- Begin CPR immediately after shock unless signs of life are obvious.
- The normal sequence is 1 shock, 2 minutes of CPR, 1 shock, 2 minutes of CPR, etc...



### STEP 2

#### Activate EMS – Call 911

- Send someone to call with patient's location, what happened, how many are injured, what's being done. Caller returns to provide help as needed.



#### If alone —

- **PHONE FIRST**— for adults. Get the AED if available. Return to start CPR and use AED.
- **CARE FIRST**— for infants and children and all patients of hypoxic (asphyxial) arrest (drowning, etc...). Provide 5 cycles (2 minutes) of CPR before activating EMS.

### Conscious Choking

- Ask, "Are you choking? If unable to breath or speak activate EMS"
- **Adult and Child:**
  - Place thumb side of fist just above the navel.
  - Give forceful, upward thrusts into the abdomen until the object comes out or the patient becomes unconscious
- **Infant:**
  - Administer 5 back blows and 5 chest thrusts until the object comes out or the patient becomes unconscious.



#### Special Circumstances:

If the patient is pregnant or too large to reach around, place thumb side of fist in center of chest and give chest thrusts.

### STEP 3

#### Check Circulation

- Check for a pulse for no more than 10 seconds
  - Adult and Child**— Carotid artery on side of neck.
  - Infant**— Brachial artery on inside of upper arm.
- If no pulse and no normal breathing, Start CPR
- If pulse is present and no breathing, Start Rescue Breathing



### Unconscious Choking

- If patient becomes unconscious, lower safely to the ground.
- Give 30 chest compressions
- Check the mouth for a foreign body. If something is seen sweep it out with a finger.
- Attempt rescue breaths. If breaths do not make the chest rise, reposition head and reattempt breaths. Repeat cycles of compressions, foreign body check, and breathing attempts until breaths make the chest rise.
- After breaths make the chest rise, check the Circulation for no more than 10 seconds
- If pulse is present start rescue breathing. If no pulse, start CPR

