CPR Safety 411

First Aid/CPR/AED Quick Reference Guide

Follow-along handout for CPR Safety 411 participants

Covers practical concepts commonly taught in AHA Heartsaver and American Red Cross First Aid/CPR/AED classes. This is a study aid and not a replacement for instructor guidance.

1. The Three C's: Check, Call, Care

CHECK	CALL	CARE
Make sure the scene is safe. Check responsiveness, breathing, severe bleeding, and other obvious life threats.	Call 911 or direct a bystander to call 911 and get an AED and first aid kit.	Give care based on what you find. Start CPR for cardiac arrest, use an AED as soon as possible, control severe bleeding, help with choking, and monitor the person until EMS arrives.

2. Emergency Priorities Students Should Remember

What to do	Why it matters
1. Make sure the scene is safe before touching the person.	Protect yourself first.
2. Check responsiveness, shout for help, and get 911/AED help started early.	Fast action gets help and equipment moving.
3. Check breathing for at least 5 seconds but no more than 10 seconds.	Only gasping does not count as normal breathing.
4. Use the recovery position when appropriate.	Use it for an unresponsive person who is breathing normally and has no major injury concern.
5. Stay with the person until EMS arrives.	Continue care and monitor for changes.

3. Adult CPR/AED Quick Reference

- Scene safe → tap and shout → no response → send for 911 + AED
- Check breathing for 5–10 seconds
- Not breathing normally or only gasping = start CPR
- Give 30 compressions and 2 breaths
- Use the AED as soon as it arrives
- Resume compressions immediately after a shock or a no-shock-advised prompt

Topic	Adult default
Compression rate	100–120/min
Compression depth	At least 2 in (5 cm)
Ratio	30 compressions : 2 breaths
Breaths	About 1 second each with visible chest rise
Interruptions	Return to compressions in less than 10 seconds

Key reminder: Use an AED as soon as it is available. Do not wait to finish a full CPR cycle first.

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Child and Infant CPR/AED Quick Reference

Key differences students should remember

4. Child and Infant CPR Quick Reference

Topic	Child	Infant
Check responsiveness	Tap the shoulder and shout.	Tap the foot and shout.
Breathing check	Look for normal breathing for 5–10 seconds.	Look for normal breathing for 5–10 seconds.
Compression depth	About 2 in or at least 1/3 chest depth.	About 1½ in or at least 1/3 chest depth.
Hand placement	Center of chest, lower half of breastbone.	Center of chest just below the nipple line.
Compression method	One or two hands.	Two fingers or two-thumb encircling technique.
Ratio	30 compressions : 2 breaths (single rescuer).	30 compressions : 2 breaths (single rescuer).
If alone	If no phone is available and the collapse was not witnessed, give about 2 minutes of CPR before leaving to call 911 and get an AED.	If no phone is available, give about 2 minutes of CPR before leaving to call 911 and get an AED.

Both child and infant CPR use a rate of 100–120 compressions per minute.
Give breaths just until the chest begins to rise.

5. AED Pad Placement Quick Reference

Person	Pad placement
Adult	One pad on upper right chest, one pad on lower left chest.
Child	Use the adult-style upper-right / lower-left placement unless pads would touch. If pads touch, use front-and-back placement.
Infant	Use front-and-back placement: one pad on the chest and one on the back between the shoulder blades.

Always follow the AED voice prompts and the pad diagrams.
Resume compressions immediately after a shock or a no-shock-advised prompt.

6. Child/Infant Skills Check Reminders

- Say the scene is safe.
- Check breathing for 5–10 seconds only.
- Compress in the center of the chest and allow full recoil.
- Keep pauses under 10 seconds.
- Give 2 effective breaths with visible chest rise.
- Use the AED as soon as it is available.
- When practicing infant CPR, remember the hand position below the nipple line.

If the child or infant is unresponsive but breathing normally, monitor closely and wait for EMS.

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Choking and Severe Bleeding Quick Reference

What to do for common life-threatening emergencies

7. Choking Care

Responsive Adult or Child

1. **Check:** Ask, 'Are you choking?'
2. **Call:** Send someone to call 911 and get an AED.
3. **Care:** Give 5 back blows.
4. Give 5 abdominal thrusts.
5. Repeat 5 back blows and 5 abdominal thrusts until the object clears or the person becomes unresponsive.
6. If the person becomes unresponsive, lower them to the ground and start CPR.

Do a finger sweep only if you actually see the object.

Responsive Infant

1. Check for severe choking: weak or no cry, weak or no cough, poor air movement.
2. Call for help and get an AED.
3. Give 5 back blows.
4. Give 5 chest thrusts.
5. Repeat 5 back blows and 5 chest thrusts until the object clears or the infant becomes unresponsive.
6. If the infant becomes unresponsive, begin CPR.

Support the head and neck and keep the infant's head lower than the chest during choking care.

8. Severe Bleeding

CHECK	Look for life-threatening bleeding and make sure the scene is safe.
CALL	Call 911 and get a first aid kit or bleeding control kit.
CARE	Apply firm, steady direct pressure with both hands.

- Use gloves if available, but do not delay life-saving care if gloves are not immediately available.
- Place a dressing on the wound if available.
- If blood soaks through, add more dressings on top. Do not remove the first dressing.
- Use a tourniquet for severe arm or leg bleeding when direct pressure does not control it or when bleeding is life-threatening.
- Once bleeding is controlled, secure the dressing with a bandage.
- Keep pressure on the wound until bleeding stops or EMS takes over.

9. Quick Reminders

- Unresponsive choking becomes a CPR situation.
- For severe bleeding, pressure comes first.
- Monitor the person for signs of shock while waiting for EMS.
- Stay with the person until help arrives.

For tourniquet use, place it 2–3 inches above the wound on an arm or leg and never over a joint.

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First Aid Quick Hits and Memory Box

Practical reminders students often need most

10. First Aid Quick Hits

Topic	What to remember
PPE and gloves	Use PPE if available. Remove gloves carefully and wash hands after care.
Recovery position	Use for an unresponsive person who is breathing normally and has no major injury concern.
Epinephrine auto-injector	If the person has a prescribed auto-injector and needs help, the injection site is the outer thigh.
Asthma inhaler assistance	Help with a prescribed inhaler if allowed and trained. A spacer may help.
Stroke	Think FAST: Face drooping, Arm weakness, Speech difficulty, Time to call 911.
Seizure	Protect from injury, do not restrain, and do not put anything in the mouth.
Burns	Cool the burn with cool running water. Do not apply ice directly.
Heat exhaustion	Move to a cooler place, loosen clothing, and cool with damp cloths or cool water.
Poisoning	Call Poison Control or 911. Do not give food or drink unless directed.
Amputation	Wrap the part in a clean damp dressing, seal it in a bag, and place the bag in ice water. Do not place the part directly on ice.

11. Skills Check Pointers

- Say "The scene is safe" out loud.
- Tap and shout clearly.
- Check breathing for 5–10 seconds.
- Compress hard and fast and allow full recoil.
- Give 2 effective breaths with visible chest rise.
- Clear everyone before AED analysis and shock.
- Restart compressions immediately after the AED prompt.
- For bleeding control, use direct pressure first.

12. One-Page Memory Box

Adult CPR snapshot

30:2 • 100–120/min • at least 2 in deep • 5–10 second breathing check • use AED ASAP

Child quick differences

30:2 • at least 1/3 chest depth, about 2 in • one or two hands • if alone and no phone, give about 2 minutes before leaving to call 911.

Infant quick differences

30:2 • center of chest just below nipple line • about 1½ in deep • two fingers or two-thumb encircling technique

Bleeding + first aid

Gloves if available • direct pressure first • add dressings on top • tourniquet 2–3 in above severe arm or leg bleeding • recovery position when appropriate

This guide is designed to reinforce common First Aid/CPR/AED skills taught in CPR Safety 411 classes. Always follow your instructor, workplace policies, local protocols, and EMS dispatcher instructions.