

## SKILL SHEET

# CPR for Adults

### Step 1 Conduct a rapid assessment

- Perform a quick visual survey, check for responsiveness, open the airway, and simultaneously check for breathing and a carotid pulse for at least 5 seconds but no more than 10.
- If the patient is unresponsive, isn't breathing normally and doesn't have a pulse, begin CPR.



### Step 2 Place the patient on a firm, flat surface

- In a healthcare setting, use a bed with a CPR feature, or place a CPR board under the patient.
- Adjust the bed to an appropriate working height or use a step stool. Lower the bed side rail closest to you.
- In other settings, move the patient to the floor or ground and kneel beside them.



### Step 3 Position your hands correctly

- Expose the patient's chest to ensure proper hand placement and visualize chest recoil.
- Place the heel of one hand in the center of the patient's chest on the lower half of the sternum.
- Place your other hand on top of the first and interlace your fingers or hold them up so that they are not resting on the patient's chest.



## SKILL SHEET

# CPR for Adults *(continued)*

### Step 4 Position your body effectively

- Position yourself so your shoulders are directly over your hands. This position lets you compress the chest using a straight up-and-down motion.
- To help keep your arms straight, lock your elbows.



#### Practice Note

If drowning or another hypoxic event is the suspected cause of cardiac arrest, deliver 2 initial ventilations before starting CPR.



### Step 5 Perform 30 chest compressions

- For an adult, compress the chest to a depth of at least 2 inches (5 cm). If you are using a feedback device, make sure the compressions are no more than 2.4 inches (6 cm) deep.
- Provide smooth compressions at a rate of 100 to 120 per minute.
- Allow the chest to fully recoil after each compression. Avoid leaning on the patient's chest at the top of the compression.



### Step 6 Seal the mask and open the airway

- Use an adult pocket mask for single-provider CPR or a BVM for multiple-provider CPR.
- Seal the mask and simultaneously open the airway to a past-neutral position using the head-tilt/chin-lift technique.
- Or, use the modified jaw-thrust maneuver, if you suspect a head, neck or spinal injury.



### Step 7 Provide 2 ventilations

- While maintaining the mask seal and open airway, provide smooth, effortless ventilations. Each ventilation should last about 1 second and make the chest begin to rise. Avoid excessive ventilation.
- If you do not have a pocket mask or BVM, provide mouth-to-mouth or mouth-to-nose ventilations.



## SKILL SHEET

# CPR for Adults *(continued)*



### Practice Note

If an advanced airway is in place, one provider delivers 1 ventilation every 6 seconds. At the same time, a second provider performs compressions at a rate of 100 to 120 per minute. In this case, the compression-to-ventilation ratio of 30:2 does not apply because compressions and ventilations are delivered continuously with no interruptions.

## Step 8

### Switch positions every 2 minutes

- When providing CPR with multiple providers, smoothly switch positions about every 2 minutes. This should take less than 10 seconds.
- The compressor calls for a position change by saying “switch” in place of the number 1 in the compression cycle.



## Step 9

### Continue CPR

Continue providing CPR until:

- You see signs of ROSC, such as patient movement or normal breathing.
- Other trained providers take over and relieve you from compression or ventilation responsibilities.
- You are presented with a valid do not resuscitate (DNR) order.
- You are alone and too exhausted to continue.
- The situation becomes unsafe.



### Practice Note

Upon achieving ROSC, supplemental oxygen should be used based on your facility's protocols to maintain a normal oxygen saturation level while avoiding hyperoxygenation. Providers should use a pulse oximeter to monitor oxygen saturation.