Check the Scene
Is it safe to approach? Tap and shout to see if you get a response from the person and look for signs of breathing.

Call 911 Immediately!
If alone and nobody is available to call. For an infant or child not breathing, attempt CPR first for 2 minutes before calling EMS.

Check for a pulse for no more than 10 seconds

No pulse or breathing?
Start CPR.

30 Chest Compressions on the center of the chest and 2 Breaths.

For Compressions:
Adult: Both hands
Child: One hand
Infant: 2 fingers

Pulse but no breathing?
Start Rescue Breathing.

Open the Airway (Tilt head, lift chin) Give breaths for the following intervals:

For Breaths:
Adult: 1 breath every 5 sec.
Child & Infant: 1 breath every 3 sec.

The ProCPR Method

Protect Yourself
If the scene is unsafe, call 911
If the scene is safe, use protective equipment

Respond
Unsafe: can it be made safe?
Is it a true emergency?

Observe Signs/Symptoms
Shout and tap to determine responsiveness
Call 911 if no response and/or life threatening condition

Provide Proper Care
Treat patient based on present medical conditions

Relinquish Care
Pass patient to provider of the next level of care
## Choking Victim Cheat Sheet

**Provided by ProCPR.org (a ProTrainings Company)**

### Unconscious Choking:

**Begin:**

**30 Chest Compressions**

- Check mouth for object, remove with finger
- Attempt rescue breaths

<table>
<thead>
<tr>
<th>Does the chest rise?</th>
<th>If so:</th>
<th>If not:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>check for pulse</td>
<td>Re-position the head</td>
</tr>
<tr>
<td></td>
<td>If there is a pulse start <strong>rescue breathing.</strong></td>
<td><strong>Attempt Breaths Again.</strong></td>
</tr>
<tr>
<td></td>
<td>Still no pulse?</td>
<td>Still not rising?</td>
</tr>
</tbody>
</table>

**Repeat 30 chest compressions**

- checking for an object, and
- attempting 2 **rescue breaths.**

### Conscious Choking:

**Adult & Child:**

- Place thumb side of fist just above the navel
- Thrust upwards into abdomen

**Infant:**

- Alternate between **5 back blows** and **5 chest thrusts**

- If the patient is pregnant or too large, place thumb side of fist in center of chest and thrust upwards