



## Adult CPR Skills Checklist

### Scene Safety

- Look for Hazards/Personal Dangers
- Secure appropriate personal protection equipment

### Determine if victim is responsive

- Tap and shout to see if victim responds
- Place unresponsive victim flat on his/her back
- Log Roll if necessary

### Call for Help

- If alone call 911 and retrieve the AED, if available
- If second rescuer is available, have them call 911 and retrieve the AED

### Check Breathing

- Look for normal breathing

### Provide Chest Compressions

- If no breathing, locate hand position on chest; if necessary, remove clothing   
*Place heel of one hand in center of the chest between the nipples*
- Deliver 30 rhythmic compressions 
  - Push Hard (Compress chest 2 inches)
  - Push Fast (Approximately 100 compressions per minute)
  - Allow chest to rise after each compression*

### Open Airway

- After 30 compressions, open airway using head tilt/chin lift

### Provide Breathing...Alternate with Compressions

- Apply face shield/pocket mask (if necessary)
- Quickly give 2 normal breaths (1 second each)
- Ensure that chest rises and falls with each breath
- Continue to alternate 30 compressions with 2 breaths

### Continue CPR until

- Victim is moving and/or talking
- You're relieved by another CPR qualified person(s)
- Your own safety is in danger
- You are completely exhausted
- AED is on scene and ready to be attached