**CHEST COMPRESSIONS**

* Push hard and fast
* Heel of hand should be centered over the sternum
* Allow chest recoil and heart will refill
* Minimize interruption of chest compressions to less than 10 seconds
* Switch every two minutes or 5 cycles
* Avoid excessive ventilations
* Ratio of Compressions to Ventilations
  + Adults (1 or multiple rescuers) 30 compressions: 2 ventilations
  + Pediatrics (1 rescuer) 30 compressions: 2 ventilations
  + Pediatrics (2+ rescuers) 15 compressions: 2 ventilations
* Rate of Compressions for Adult and PEDS: 100 to 120 BPM
* Child, 1/3 depth of chest and approximately 2 inches

**VENTILATIONS**

* Open with a head tilt or jaw thrust (spinal precaution patients)
* Each breath should take approximately one second to deliver
* Look for chest rise and fall
* Gasping/Agonal breaths are not considered breathing

**AED**

* Eliminates Ventricular Fibrillation (V-Fib) and Ventricular Tachycardia (V-Fib and Vtach
* Will not shock PEA (pulseless electrical activity) or Asystole (flatline)
* Time is important follow the prompts
* AED Steps:
  + 1.) Turn on the AED or lift the lid
  + 2.) Place the pads and plug in pad connector if necessary while your partner continues CPR
  + Do not touch when AED is analyzing
  + 3.) If shock advised, CLEAR patient of all hands (be sure to look up at your crew!) then hit shock
  + Be ready to immediately begin CPR again if no ROSC

**INFANT**

* Review anatomic differences between PEDS vs Adults (larger heads, smaller airway etc)

**FOREIGN BODY OBSTRUCTION**

* Conscious Adults - abdominal thrusts
* Conscious pregnant or obese adults – chest thrust
* Unconscious Adults- do CPR but look in the airway regularly for obstruction
* Conscious Pediatric Patient under 1 yr - 5 back blows five chest thrusts
* Unconscious Pediatric Patient do CPR but look in the airway regularly for obstruction

**TEAM DYNAMICS**

* Clear roles and responsibilities cause the team to function smoothly
* Knowing your limitations is knowing when to ask for help or when you are not qualified to do a certain skill
* Be tactful but immediately telling a team member to make a correction
  + Ex.