

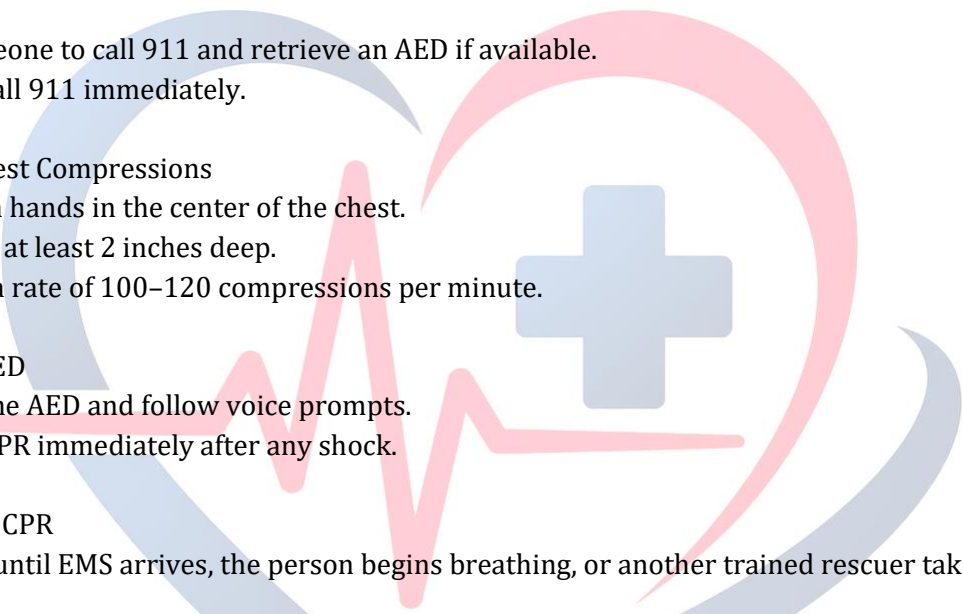
# MedPulse Healthcare

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**Your Pulse. Our Purpose.**

American Red Cross CPR, AED, First Aid & BLS Education Resource

## Adult CPR Quick Reference Guide

1. Check for responsiveness
    - Tap the person's shoulders.
    - Shout, 'Are you okay?'
  2. Call 911
    - Send someone to call 911 and retrieve an AED if available.
    - If alone, call 911 immediately.
  3. Begin Chest Compressions
    - Place both hands in the center of the chest.
    - Compress at least 2 inches deep.
    - Maintain a rate of 100–120 compressions per minute.
  4. Use an AED
    - Turn on the AED and follow voice prompts.
    - Resume CPR immediately after any shock.
  5. Continue CPR
    - Continue until EMS arrives, the person begins breathing, or another trained rescuer takes over.
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## Adult & Child Choking Response

If the person can cough or speak, encourage coughing.

If they cannot speak, breathe, or cough:

- Call 911.
- Give 5 back blows.
- Perform abdominal thrusts.
- Repeat until the object is removed or EMS arrives.

## Infant Choking (Under 1 Year)

Never perform abdominal thrusts on an infant.

- Give 5 back slaps.
- Give 5 chest thrusts.
- Repeat until the airway is clear or EMS arrives.

## Emergency Readiness Checklist

- Know your home address
- Keep emergency contacts updated
- Learn CPR
- Know the location of the nearest AED
- Maintain a stocked first aid kit
- Replace expired supplies
- Know how to control severe bleeding
- Teach family members how to call 911
- Keep medications and allergy information available

## Cardiac Arrest Response Checklist

- Check responsiveness
- Call 911
- Send for an AED
- Start CPR immediately
- Push hard and fast
- Use the AED as soon as it arrives
- Continue until EMS arrives

## Disclaimer

This guide is intended as a quick educational reference and is not a substitute for formal CPR training. Always follow your American Red Cross instructor's guidance and local emergency protocols.

