

CPR Flashcards PDF

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What does CPR stand for?

Cardiopulmonary Resuscitation

What is the primary purpose of CPR?

To restore breathing and circulation in a person who has stopped breathing or whose heart has stopped beating.

What are the steps of CPR for adults?

1. Call for emergency help. 2. Check for responsiveness. 3. Open the airway. 4. Check for breathing. 5. Begin chest compressions. 6. Provide rescue breaths.

How deep should chest compressions be during CPR?

At least 2 inches (5 cm) deep.

What is the recommended rate of chest compressions?

100 to 120 compressions per minute.

What is the compression-to-breath ratio for adult CPR?

30 compressions to 2 breaths.

What should you do if an adult is choking and cannot breathe?

Perform the Heimlich maneuver.

What is the difference between adult and child CPR?

Child CPR uses one hand for compressions and a different compression-to-breath ratio (30:2 for one rescuer, 15:2 for two rescuers).

When should you stop performing CPR?

When emergency medical services arrive, the person shows signs of life, or you are too exhausted to continue.

What is the importance of calling 911 before starting CPR?

To ensure that professional help is on the way while you provide assistance.