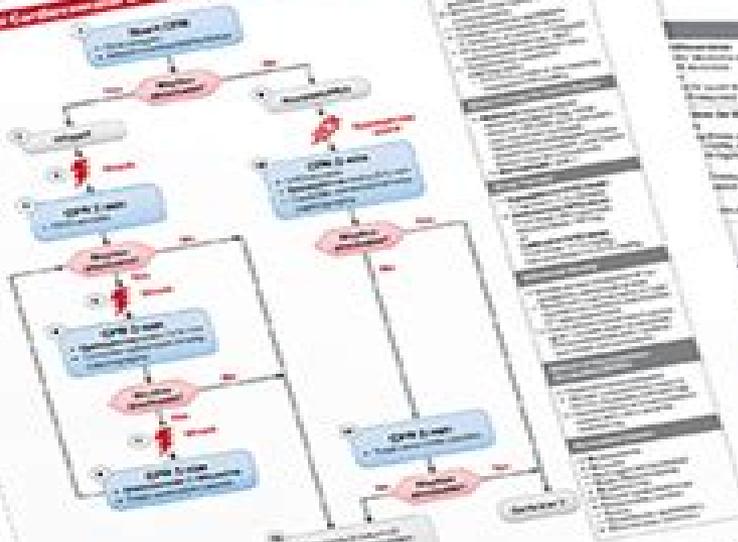


Adult Cardiac Arrest Algorithm

Essential Components of Life Support



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Check for responsiveness and breathing

1. Tap the person's shoulder and shout, "Are you OK?"

2. If there is no response, shout for help and get an AED.

3. Check for breathing. Look for chest rise and listen for breath sounds.

4. If there is no breathing, start CPR.

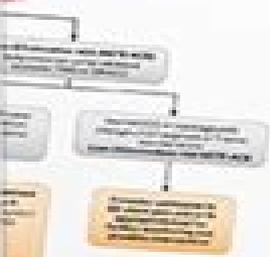
- If you are alone, you should spend no more than 1 minute getting the AED.
- If you are with someone else, have them get the AED while you start CPR.
- If you are alone and have a phone, call 911 or your local emergency number before you get the AED.



Start CPR

1. Perform chest compressions. Push hard and fast in the center of the chest, at least 2 inches deep and at a rate of 100 to 120 per minute.

2. Give rescue breaths. Tilt the person's head back and lift the chin. Pinch the nose and breathe normally into the mouth for 1 second.



29



When to stop CPR

1. The person starts breathing and has a pulse.

2. The AED says "Stand clear" and "No shock advised".

3. You are too exhausted to continue.

4. The person is dead.

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