CPR checklist: I can……………………..

\_\_\_\_\_ Assess LOC

* How?
* What if they are 18 years old or younger?
* When do I call or send someone to call 9-1-1?

\_\_\_\_\_ Assess Breathing for 10 seconds

* What do I look for?

\_\_\_\_\_ Begin CPR

* Hand placement
* Elbows locked
* Shoulders overtop
* How deep are compressions?
* How many compressions?

\_\_\_\_\_\_\_ Breathing

* How many breaths?
* How much air is enough air?
* How long does it take to give a breath?
* What is a complete cycle of CPR?

CPR checklist: I can……………………..

\_\_\_\_\_ Assess LOC

* How?
* What if they are 18 years old or younger?
* When do I call or send someone to call 9-1-1?

\_\_\_\_\_ Assess Breathing for 10 seconds

* What do I look for?

\_\_\_\_\_ Begin CPR

* Hand placement
* Elbows locked
* Shoulders overtop
* How deep are compressions?
* How many compressions?

\_\_\_\_\_\_\_ Breathing

* How many breaths?
* How much air is enough air?
* How long does it take to give a breath?
* What is a complete cycle of CPR?