



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

RISK REMINDER

ABC's of CPR



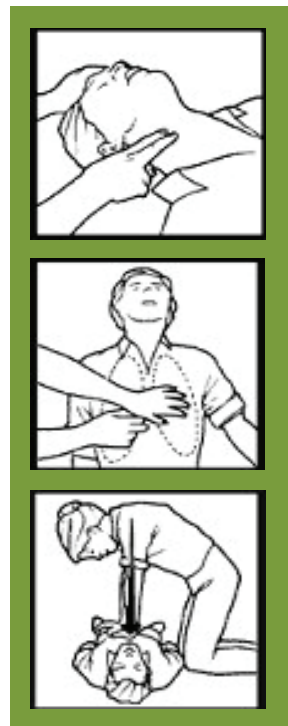
A **irway:**

1. Place victim on back.
2. Ask if the victim is okay. If there is no response, call 911.
3. Tilt head back and keep mouth open.
4. Feel and listen for breathing.
5. Sweep out any objects in mouth, but not throat.
6. If there are objects in the mouth, give five thrusts just above the navel.
7. Feel and listen for breathing.



B **reathing:**

1. If not breathing, pinch nose.
2. Take a deep breath and place your mouth around the victim's mouth and blow. Watch the chest rise.
3. Let the victim exhale through the mouth.
4. Repeat steps 2 and 3 a second



C **irculation:**

1. Feel for a pulse at the side of the neck for 5-10 seconds.
2. If there is a pulse, give a breath every five seconds and check for a pulse every 12 seconds.
3. If no pulse, put the heel of one hand over the other just above the lower edge of the sternum.
4. Quickly press down two inches. Do this 15 times, then give two breaths. Repeat this procedure four times.
5. Feel for a pulse.
6. If there is no pulse, continue the 15-2-check pulse sequence until medical help arrives.

CPR Facts

- Sudden cardiac arrest is the leading cause of death in adults.
- CPR doubles a person's chance of survival from sudden cardiac arrest.
- Cardiac arrest occurs twice as frequently in men compared to women.
- If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes, a person has a 40% chance of survival.

For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7