Lifeguard recognizes **Emergency**

**LG Activates EAP**
- Survey Scene (safe for LG +/or victim? # of victims? nature of illness/injury? more help needed?)
- Basic Precautions (PPE)
- Obtain Consent
- Primary Assessment (Part1 consciousness?)
- if Necessary, Call 9-1-1
- Request AED

**Primary Assessment**
1. Consciousness? Call 9-1-1 if not already done , request AED
2. A – B – C:
   - Airway: open with head-tilt/chin-lift or jaw-thrust
   - Breathing: look, listen, feel for no longer than 10 seconds
   - Circulation: check for pulse (carotid/brachial)
     check for severe bleeding

**Care** depends on results of Primary Assessment:

<table>
<thead>
<tr>
<th>Finding</th>
<th>Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Victim is Conscious</td>
<td>Secondary Assessment</td>
</tr>
<tr>
<td>Victim is Unconscious</td>
<td>Primary Assessment (continued): A – B – C</td>
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<tr>
<td><strong>A – B – C</strong> - open airway, look, listen, feel for breath and pulse &lt;= 10 secs, check for severe bleeding</td>
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<tr>
<td>Victim is Breathing, has Pulse</td>
<td>Maintain open Airway, Monitor, or H.A.in.E.S (Recovery) position if necessary</td>
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<tr>
<td>Child/Infant is not Breathing, has Pulse</td>
<td>2* Ventilations if 1st does not make chest rise, re-tilt and 1-2 more ventilations</td>
</tr>
<tr>
<td>Adult Drowning/Hypoxia/Respiratory Problem (not Breathing, has Pulse or no Pulse)</td>
<td>2* Ventilations if 1st does not make chest rise, re-tilt and 1-2 more ventilation</td>
</tr>
<tr>
<td>Adult Cardiac Emergency (sudden collapse) (not Breathing, no Pulse)</td>
<td>No Ventilations, start CPR; AED</td>
</tr>
</tbody>
</table>

**2 Ventilations**
| No Breathing, Open Airway, has Pulse | Rescue Breathing (Ventilations) |
| No Breathing, Obstructed Airway | Care for Obstructed Airway |
| No Breathing, Open Airway, No Pulse | CPR, AED |
**Rescue Breathing** (Ventilations)

- 1 breath every 5 sec for Adult, for 2 min = 24 cycles, re-check for < 10 secs
- 1 breath every 3 sec for Child, for 2 min = 40 cycles, re-check for < 10 secs
- 1 puff every 3 sec for Infant, for 2 min = 40 cycles, re-check for < 10 secs

**Obstructed Airway:**

- Conscious Adult/Child: 5 Backblows & 5 Abdominal Thrusts
- Conscious Infant: 5 Backblows & 5 Chest Thrusts
- Unconscious Victim: 30 Chest Thrusts → Foreign Object Check → 2 Ventilations

**CPR:** No more Pulse check once Started!

- 30 compressions at 100/min = 30 in 18 sec & 2 breaths, for “ever”, at depth of
  - at least 2 inches for adult
  - about 2 inches for child
  - about 1 ½ inches for infant

**2 Rescuer CPR**

- 30 compressions at 100/min = 30 in 18 sec & 2 breaths, for 2 min = 5 cycles for Adult
- 15 compressions at 100/min = 15 in 9 sec & 2 breaths, for 2 min = 10 cycles for Child
  - 2-thumb-encircling-hands chest compression with thoracic squeeze at rate of
- 15 compressions at 100/min = 15 in 9 sec & 2 breaths, for 2 min = 10 cycles for Infant

Then change positions (every 2 mins = 5/10/10 cycles); should take < 5 secs, continue “forever”

**AED:** switch on →

- wipe chest
- attach pads to victim (upper R and lower L)
- plug in connector (if necessary)
- “clear” for analyzing → analyze
- “clear” for shocking → shock → (if necessary)
- 5 cycles of CPR →