

Heartsaver CPR & First Aid — Quick Reference

Based on 2025 AHA Guidelines | R.E.D. Training Solutions

♥ CPR AT A GLANCE

Parameter	Adult	Child (1-Puberty)	Infant (<1 yr)
Depth	≥2 in (5 cm), ≤2.4 in	~2 in (⅓ AP)	~1.5 in (⅓ AP)
Rate	100-120/min	100-120/min	100-120/min
Hands	2 hands, lower sternum	1 or 2 hands	2-thumb encircling (preferred) or 1-hand heel
Ratio (1 rescuer)	30:2	30:2	30:2
Ratio (2 rescuers)	30:2	15:2	15:2
Call 911	Call FIRST , then CPR	CPR 2 min , then call	CPR 2 min , then call

⚠ **CPR Reminders:** Push hard, push fast, allow **full recoil** • Minimize interruptions (<10 sec pauses) • Switch rescuers every **2 minutes** • **Gasping = NOT normal breathing → Begin CPR**

⚡ AED USE

Step	Action
1	Turn ON the AED
2	Attach pads: Right upper chest + left side below armpit
3	"Clear!" — no one touches person during analysis
4	If shock advised → press shock button after clearing
5	Resume CPR immediately after shock
6	Continue 2-min cycles of CPR + AED re-analysis

Special Situations: **Hairy chest:** shave or rip pads off to remove hair • **Wet:** dry chest first, move from standing water • **Pacemaker:** pad ≥1 in away • **Pediatric:** use child pads if available; adult pads OK if not

🚫 CHOKING RESPONSE

Adult/Child (Conscious — Severe) Alternate **5 back blows** + **5 abdominal thrusts** (2025 update)
Pregnant/obese: **chest thrusts** instead
If unresponsive → CPR, look in mouth before breaths

Infant (Conscious) Alternate **5 back slaps** + **5 chest thrusts** (heel of one hand) **NO abdominal thrusts for infants**
If unresponsive → infant CPR

MEDICAL EMERGENCIES — KEY ACTIONS

Emergency	Key Signs	DO THIS
Heart Attack	Chest pressure, arm/jaw pain, sweating, nausea	Call 911 ; rest; chew aspirin (no allergy)
Stroke (F.A.S.T.)	F ace droop, A rm weakness, S peech slurred	Call 911 ; note time of onset ; NO food/drink/aspirin
Anaphylaxis	Hives, swelling, throat tightness, wheezing	Call 911 ; EpiPen in outer thigh; monitor
Diabetic Emergency	Shakiness, confusion, sweating OR fruity breath	If conscious: give sugar ; 911 if no improvement
Seizure	Uncontrolled shaking, loss of consciousness	Protect head; do NOT restrain; time it; 911 if >5 min
Poisoning	Varies by substance	Call 911 or 1-800-222-1222 ; do NOT induce vomiting
Asthma	Wheezing, can't speak in sentences, tripod position	Sit upright; assist with inhaler ; 911 if no improvement

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INJURY EMERGENCIES

Bleeding Control Direct pressure with clean cloth — don't lift to check Severe: **pack wound + tourniquet** if trained (note time) Nosebleed: sit forward, pinch nose **10-15 min** Internal bleeding: bruising, rigid abdomen, shock → **911 Shock** Signs: pale/cool/clammy, rapid weak pulse, confusion Lay flat, elevate legs **12"**, keep warm, NO food/drink, **call 911**

Burns Thermal: cool water **10-20 min**; do NOT use ice/butter **Chemical:** brush off dry, flush water **20+ min Electrical:** ensure power OFF; watch for cardiac arrest **911 for: face/neck/hands/feet, 3rd degree, chemical, electrical Musculoskeletal R.I.C.E.:** Rest, Ice, Compression, Elevation Splint: immobilize above & below; do NOT straighten deformity **911:** open fractures, deformity, no pulse below injury

⚠ Head/Spine Injury: Stabilize head/neck manually; do **NOT** move unless in danger. Call **911**. Watch for unequal pupils, clear fluid from ears/nose.

ENVIRONMENTAL EMERGENCIES

Emergency	Key Signs	Critical Actions
Heat Stroke	Hot/red/dry skin, confusion, >104°F	911 NOW ; rapid cooling (ice at neck/armpits/groin)
Heat Exhaustion	Heavy sweating, weakness, nausea, cool skin	Cool area, wet cloths, hydrate; 911 if worsening
Hypothermia	Shivering, confusion, slurred speech	911 ; warm gradually; remove wet clothes; handle gently
Frostbite	Pale/waxy/hard skin, numbness	Protect; do NOT rub; warm water 100-104°F if no refreezing risk

Emergency	Key Signs	Critical Actions
Snake Bite	Fang marks, pain, swelling	911 ; keep calm/still; immobilize below heart; NO tourniquet/ice
Drowning	Unresponsive after submersion	Remove safely; CPR with breaths ; ALL victims need EMS

LEGAL PROTECTIONS

Good Samaritan Laws Protect rescuers acting in **good faith**, within training, without compensation, without gross negligence. **Arizona: ARS §32-1471.**
Abandonment Once you start care, **continue until:** EMS takes over, higher-trained person relieves you, or scene becomes unsafe.

Consent Types Expressed: conscious person agrees **Implied:** unconscious person (assumed) **Minor:** implied if parent absent **Refusal:** competent adults can refuse — call 911 anyway

EMERGENCY NUMBERS

911 — Emergency Services

1-800-222-1222 — Poison Control

Company Emergency: _____

Nearest ER: _____

2025 AHA Key Updates

- **Unified 6-link Chain of Survival** (all ages/locations)
- Adults choking: **5 back blows + 5 abdominal thrusts** (NEW)
- Infant CPR: two-finger technique **ELIMINATED**; use **two-thumb encircling hands**
- Stronger emphasis on **minimal pauses** and **full chest recoil**
- Opioid overdose: administer **naloxone** without delaying CPR