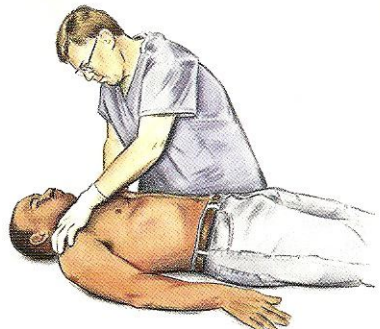
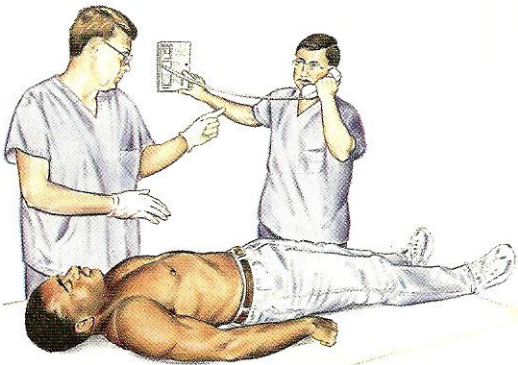
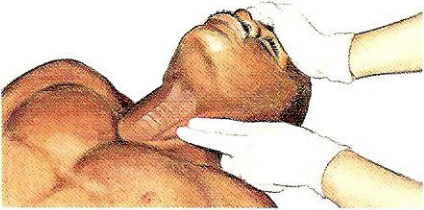
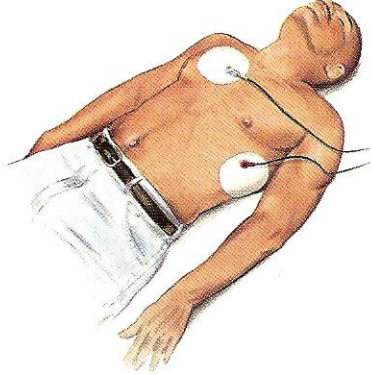


Assess	Assessment Technique and Action	
<p>1 Check responsiveness</p>	<ul style="list-style-type: none"> • Tap and shout, "Are you all right?" • Check for absent or abnormal breathing (no breathing or only gasping) by looking at or scanning the chest for movement (about 5 to 10 seconds) 	 <p>Check responsiveness.</p>
<p>2 Activate the emergency response system/get AED</p>	<ul style="list-style-type: none"> • Activate the emergency response system and get an AED if one is available or send someone to activate the emergency response system and get an AED or defibrillator 	 <p>Activate the emergency response system.</p>
<p>3 Circulation</p>	<ul style="list-style-type: none"> • Check the carotid pulse for 5 to 10 seconds • If no pulse within 10 seconds, start CPR (30:2) beginning with chest compressions <ul style="list-style-type: none"> – Compress the center of the chest (lower half of the sternum) hard and fast with at least 100 compressions per minute at a depth of at least 2 inches – Allow complete chest recoil after each compression – Minimize interruptions in compressions (10 seconds or less) – Switch providers about every 2 minutes to avoid fatigue – Avoid excessive ventilation • If there is a pulse, start rescue breathing at 1 breath every 5 to 6 seconds (10 to 12 breaths per minute). Check pulse about every 2 minutes 	 <p>Check the carotid pulse.</p>
<p>4 Defibrillation</p>	<ul style="list-style-type: none"> • If no pulse, check for a shockable rhythm with an AED/defibrillator as soon as it arrives • Provide shocks as indicated • Follow each shock immediately with CPR, beginning with compressions 	 <p>Defibrillation.</p>