



# EMERGENCY QUICK REFERENCE

CPR Kitsap | Taught by Your Local Firefighters & Paramedics

[cprkitsap.org](http://cprkitsap.org) | (360) 731-2507 | CALL 911 FIRST IN ALL EMERGENCIES

■ CALL 911 IMMEDIATELY IN ALL EMERGENCIES — DO NOT DELAY ■

## CPR — ADULT & CHILD

- 1 **Check scene safety**  
Is it safe to approach?
- 2 **Check responsiveness**  
Tap shoulders, shout loudly
- 3 **Call 911 / Send for AED**  
Or have someone call now
- 4 **Check breathing**  
10 seconds — no normal breathing?
- 5 **Position hands**  
Heel of hand, center of chest
- 6 **Push hard & fast**  
At least 2" deep, 100-120/min
- 7 **Allow full recoil**  
Let chest fully rise between
- 8 **30 Compressions -**  
Then 2 rescue breaths
- 9 **Use AED ASAP**  
Turn on, follow voice prompts
- 10 **Keep going**  
Until EMS arrives or AED says stop

### INFANT CPR (under 1 year):

2 fingers, center chest — 1.5" deep  
30 compressions : 2 gentle puffs

## AED USE

- 1 **Turn on AED**  
Press button or open lid
- 2 **Expose bare chest**  
Remove clothing/ Chest hair
- 3 **Apply pads**  
Right collarbone + left side/ribs
- 4 **Plug in cable**  
If required by device
- 5 **Stand clear**  
"Clear!" — no one touching patient
- 6 **Press SHOCK**  
Only if AED advises shock
- 7 **Resume CPR**  
Immediately after shock, 2 minutes
- 8 **Follow prompts**  
AED will guide you — trust it

## CHOKING — ADULT/CHILD

- 1 **Confirm choking**  
"Are you choking?" — can they speak?
- 2 **5 back blows – Size dependent**  
Heel of hand between shoulder blades
- 3 **5 abdominal thrusts**  
Hands above navel, thrust inward/up
- 4 **Repeat**  
Alternate back blows + thrusts
- 5 **Unconscious?**  
Lower to ground — begin CPR

### INFANT CHOKING (under 1 year):

5 back blows face-down on your forearm  
5 chest thrusts — 2 fingers, center chest

## SEVERE BLEEDING

- 1 **Wear gloves**  
Protect yourself from blood
- 2 **Apply firm pressure**  
Use cloth/gauze — press hard
- 3 **Do NOT remove**  
Add more gauze on top if soaked
- 4 **Elevate if possible**  
Raise wound above heart
- 5 **Tourniquet (limbs)**  
2-3" above wound, note time applied
- 6 **Pack wound**  
QuikClot gauze for deep wounds
- 7 **Treat for shock**  
Lay flat, elevate legs, keep warm

## STROKE — BE-FAST

- B BALANCE:**  
Sudden loss of balance
- E EYES:**  
Vision change in one/both eyes
- F FACE:**  
Uneven smile — ask to smile
- A ARMS:**  
One arm drifts down when raised
- S SPEECH:**  
Slurred or strange speech
- T TIME:**  
Call 911 immediately

## HEART ATTACK SIGNS

- Chest pain/pressure/tightness
- Pain in arm, jaw, neck, back
- Shortness of breath
- Nausea, sweating, lightheadedness
- Women: fatigue, nausea common
- Call 911 — chew aspirin if available

This card is a quick reference only. Proper training is essential. Register for a class at [cprkitsap.org](http://cprkitsap.org).

# CPR KITSAP

Compressions for Life LLC



*Learn from the people who show up.*



## Firefighter & Paramedic Instructors

- AHA-certified CPR, First Aid, BLS & ACLS
- OSHA & Washington State L&I Compliant
- Same-day certification cards
- Onsite group training available
- Group discounts for 10+ students
- Serving Kitsap & Mason counties since 2011

## Register for a Class

[cprkitsap.org](http://cprkitsap.org)

(360) 731-2507

[info@cprkitsap.org](mailto:info@cprkitsap.org)

701 Pacific Avenue, Bremerton, WA 98337  
Downtown Bremerton · Serving the Kitsap Peninsula

AHA Authorized · OSHA Compliant · L&I Approved · Firefighter Veteran-Owned Small Business

CAGE Code: 7ZKS7 | UEI: EKDACD88K5X5 | Government Contracting Available