# **CPR GUIDELINES**

#### **ADULTS & CHILDREN 8+ YEARS**

#### 1 Dial 911

- · If possible, ask someone else to call.
- If you have an AED, have someone else retrieve it.



#### 2 30 Compressions

- Interlock fingers & lock elbows, push firmly at least 2 inches deep.
- Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.
- If not CPR trained, only perform these cycles of 30 compressions. Go to Step 5.



- Place your palm on their forehead & gently tilt their head back. With your other hand, gently lift their chin forward to open airway.
- · Check for normal breathing.



#### 4 Two Breaths

- Keep their airway open, pinch nostrils shut & cover their mouth with yours.
- · Give two gentle breaths.
- Each breath should last 1 full second.
   Look to see if chest rises with each breath.



### 5 Perform 5 Total Cycles

- Repeat each compression and breath cycle up to five times or until the person begins breathing.
- · Use an AED if available.



We are the David Brearley 10th Grade Scholars' Academy. This program takes a different spin on the traditional honors and AP tracks. Every year we complete a Service Learning Project to benefit our community. This year we decided to make a pamphlet of emergency numbers and information for Kenilworth residents.

Madison Calello
Julia Dobel
Faith Kelly
Lindsay Lathrop
Nia McCullin
Rebecca Pantano



In Case of

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**Emergency** 

Call

911



## Kenilworth Emergency Numbers

#### **Emergency Home Fire Info.**

- If a fire occurs, GET OUT, STAY OUT, and CALL for help.
- If you find yourself in a situation with a fire in your home:
- 1. **React as soon as the alarm goes off.** If it's nighttime, yell loudly to wake everyone up.
- 2. **Safely exit through doors.** If you see smoke under a door, do not go through it. If there isn't smoke, use the back of your hand to feel the door knob to make sure it's not hot. Then, open the door slowly and pass through it.
- 3. **Protect yourself from smoke inhalation.** Get low on the floor and crouch or crawl on your hands to avoid smoke.
- 4. Stop, drop, and roll if your clothes catch fire.
- 5. Ward off the smoke if you can't get out. If you can't escape your home, and are waiting for help, don't panic. Close your door and cover all the vents and cracks around it with cloth or tape.
- 6. Call for help from a two story window.

#### SOURCE:

WWW.WIKIHOW.COM

ANIMAL CONTROL

908-820-4242

BOARD OF HEALTH

908-276-2740

DBMHS

908-931-9696

• F.E.M.A.

800-436-7734

FIRE HEADQUARTERS

908-276-3791

FIRE PREVENTION OFFICE

908-276-8935

HARDING SCHOOL

908-276-5936

KENILWORTH POLICE OFFICE

908-276-1700

NJ NATURAL GAS

800-427-5325

POISON CONTROL

800-222-1222

PSEG

800-436-7734

RESCUE SQUAD

908-276-3465

OTHER PERSONAL EMERGENCY NUMBERS

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