

CPR Procedure (Continuous Chest Compression)

In cases of cardiac arrest or lightning strike, the recommended CPR method is Continuous Chest Compressions. The following are suggested guidelines for applying CPR and contacting 911 when a hiker collapses and has stopped breathing.

1. Assign the sweep or other knowledgeable hiker to immediately start continuous chest compressions.
 - a. Position the victim on his or her back.
 - b. Kneel on one side of the victim.
 - c. Place one hand on top of the other, palms down, interlocking the fingers.
 - d. Place the heel of the bottom hand in the middle of the victim's chest midway between the nipples.
 - e. Lock your elbows.
 - f. Bending from your hips, use your weight to begin forceful chest compressions at the rate of 100 a minute.
 - g. At one or two minute intervals, switch off with another hiker.

2. While CPR is being administered, plan on how to call 911 and arrange for help.
 - a. Note the time of the occurrence.
 - b. Determine where you are.
 - c. If someone has a cell phone and there is service, call 911.
 - d. If no cell phone is available or there is no service, wait a few minutes to see if the victim responds to CPR, then take action.
 - i. If no cell phone is available, start a party back to the cars or the nearest telephone to place a 911 call.
 - ii. If a cell phone is available, but there is no service, determine if there is a nearby area from which reception may be possible. If so, start a small party for it. If not, start a party for the cars or nearest telephone.
 - e. Once in contact with 911, tell them the location and time of the incident, your location if different, the status of the victim, and that CPR is being administered.

3. If there is no response from the victim after 10 minutes, cease CPR; you have done all that can be done. If 911 has been contacted, reestablish contact and tell them the victim has not responded to CPR and that CPR has ceased.

Procedure provided by Ron Barry at 27 January 2004 Hike Leader's Meeting. Prepared for the Web Site by Jean Husemann