

CPR/AED Training

- The 3 “C’s” to remember:

1. Check the victim
2. Call 911
3. Care for the Victim
 - a. Unconscious Chocking
 - b. Rescue Breathing
 - c. CPR
 - d. AED
4. Initial Assessment in action

1. Checking the Victim:

- a. Size of the scene: look around and make sure the scene is safe for you to approach the victim.
- b. Check for Consciousness (tap on the victim’s shoulder and say “hey are you ok”).
If the victim is unconscious or not responding.

2. Call 911: Things to know:

- a. Stay calm. The operator will guide you thought it
- b. Explain the situation as best as you can
- c. Speak slowly and clearly
- d. If you can give the address of where you are located do so
- e. Perform the skills you are instructed to until EMS arrives and takes over.

3. Caring for the Victim: The care you provide will be based on the situation. All situations will start off the same way with the Initial Assessment and then based on the conditions of the victim you will perform different skills in order to get the victim to start breathing, regain consciousness, or keep his/her heart beating until EMS arrives and takes over.

- a. The Initial Assessment or ABC’s (Look, Listen and Feel for 10 seconds)
 - i. Check the victim’s Airway (tilt the victim’s head back to open the airway)
 - ii. Check the victim’s Breathing (put your ear next to the victims mouth looking at the victim’s chest to see if you see it rising)
 - iii. Check the victim’s Circulation or pulse (use 2 fingers and place them on the victim’s carotid artery (in the neck) for 10 seconds
 - iv. Check the victim for Severe Bleeding (look head to toe to make sure the victim is not bleeding severely)

4. Initial Assessment:

- i. Size up the scene
- ii. Check for consciousness
- iii. Call 911
- iv. Check the ABC’s (Look, Listen and Feel) Open the airway, put ear by victim’s mouth and feel for the pulse.

- v. Give 2 breaths to the victim: If the first 2 breaths do not make the chest rise, re-tilt the victim's airway and give 2 more breaths. If the breath goes check the victim's pulse again for 10 seconds. If the breaths still did not go then assume the victim is choking and perform skills for Unconscious Choking
5. Unconscious Choking: no air is getting to the victim's lungs
 - a. Give 30 chest compressions: place the heel of one hand on the center of the chest and the other hand on top and interlock fingers.
 - b. Look for an object inside the mouth
 - c. If you see something scoop it out with your finger and give 2 more breaths
 - d. If you do not see anything give 2 more breaths
 - e. Repeat Steps a-d until your breaths make the chest clearly rise.
6. Rescue Breathing: the victim has a pulse but is not breathing
 - a. Give 1 breath every 5 seconds and continue for 2 minutes
 - b. After 2 minutes recheck the pulse for 10 seconds
 - c. If victim still has a pulse but is not breathing continue steps a and b
 - d. If victim no longer has a pulse and is not breathing start CPR
7. CPR: if the victim is not breathing and has no pulse
 - a. Give 30 chest compressions: place the heel of one hand on the center of the chest and the other hand on top and interlock fingers.
 - b. Give 2 breaths
 - c. Repeat steps a and b until one of the follow occur:
 - i. EMS arrive and take over
 - ii. The victim shows a sign of life: breathing, coughing, speaking, moving etc.
 - iii. The scene becomes unsafe: in this case you would need to move the victim
 - iv. You are too exhausted to continue and pass out
 - v. An AED becomes available
8. AED: Automated External Defibrillator: For use only when a person is unconscious and not breathing
 - a. Turn on the AED and follow the voice prompts
 - b. Remove victim's shirt
 - c. Wipe the victim's chest dry if needed
 - d. Attach AED pads to the victim's bare dry chest
 - i. Place one pad on the victim's upper right chest and the other pad on the lower left side of the victim's chest.
 - e. Plug in the connector if needed
 - f. Stand Clear
 - i. Make sure no one including you is touching the victim
 - ii. Say "everyone stand clear"
 - g. Allow the AED to analyze the heart rhythm
 - i. Push the "Analyze" button if needed
 - h. Deliver a shock or perform CPR based on the AED recommendation
 - i. Make sure no one including you is touching the victim and push the "shock" button
 - ii. Perform 2 minutes of CPR and continue to follow the prompts of the AED
 - i. If no shock is advised: perform 2 minutes of CPR and continue to follow prompts.