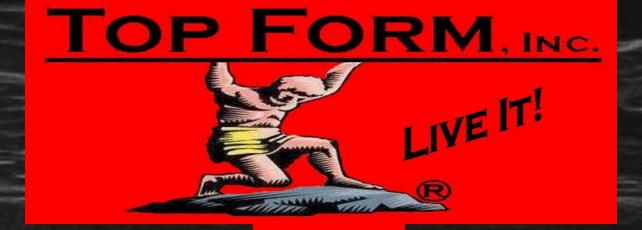


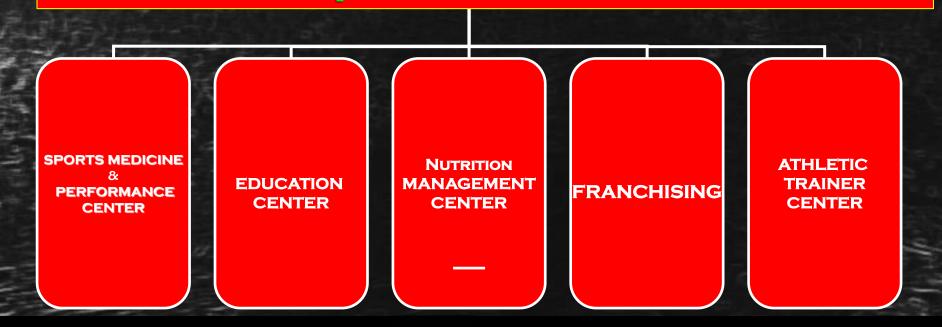
CPR / AED

INFORMATION AND SKILLS PRESENTATION





Corporate Structure





What is the Real Problem

CVD
<u>Heart Attach Video</u>
Prevention:

Nutrition = <u>Purium</u>
Exercise



Before Providing Care

Look for signs of an emergency

- Noises
- Odors
- Unusual Behaviors / Appearances
- Obtain Consent!!!
- Removal of an Injured Person
 - When?
 - Scene become unsafe
 - Need to get to another victim with a more serious injury
 - Need to move them to give emergency care
- Standard Precautions
 - Gloves
 - Face Shield
 - Why?



Check / Call /Care

Steps of an Emergency

- Check
 - Danger
 - Bystanders
 - The Victim
 - Tap and Shout
 - * "Are You OK"

Call

- When to Call?
 911 or Emergency #
 Get an AED
 Care
 - A, B, C Sign's of Life



Look for Signs of Life

- Look For: BREATHING
 Look For Signs of LIFE: Circulation

 Check Pulse
 Normal Breathing
 Movement
 - Check for <u>NO MORE</u> than **10** Seconds!
- Movement / Normal Breathing
 Start Compressions 30:2breaths



CPR Why do we do CPR? IF THERE ARE NO SIGNS OF LIFE AND BREATHS GO IN = BEGIN CPR Compress the chest 30 times / 2 Breaths Rate of 5 Cycles in 2 min/100min -Compress at least 2"

- CONTINUE UNTIL:
 - 911 help arrives
 - Someone with equal or higher training takes over
 - You become too exhausted to continue/Switch every two minutes if needed
 - An AED is ready to use
 - Or there are normal signs of life!

Conscious Choking Signs of Troubled **Breathing** – Noisy or painful breathing - Unusually deep or shallow breathing Changes in skin color **REMEMBER!** - Check, Call, CONSENT, & Care!!! TOP FORM

CARE

- 5 Back Blows
 - Palm of Hand between the shoulder blades
 - Good base of Support!!!
- 5 Abdominal Thrusts (Heimlich Maneuver)
 - Hand in a fist, thumb side in, just above the belly-button, up and in.
 - Good base of Support!!!
- Until something comes out or they go unconscious.

Unconscious Choking

 Check / Call / Care IF BREATHS DO NOT GO IN - Re-Tilt and Try Again - Still Do Not go in = Choking - 30 chest compressions / Look in mouth (remove object if needed) / 2 breaths / Continue Compressions, look, and breaths until the object is removed and breaths go in or more advanced help arrives. CPR!

AED

- Why do we want to use?
- TURN IT ON!!! (Make sure you have checked for signs of life first!)
- Pads = Upper R / Lower L ON THE VICTIM
 - may need to plug in connector also
- ANALYZE
 - Stand Clear DO NOT touch the victim
 - May need to push button
- SHOCK
 - STAND CLEAR!!!
 - ✤ If touching AED may not deliver enough charge
 - You and / or a bystander may be injured by the shock
 - You might prevent the AED from analyzing the heart rhythm correctly
 - If not needed AED will tell you to begin CPR
 - If needed AED will charge and then tell you to push the shock button it will then tell you no shock advised and you will resume CPR



AED

- Early Defibrillation will save more lives of people in cardiac arrest!
- Every minute it is delayed reduces the survival rate by 10%
- Medical Patches, Jewelry, Metal, etc. in the area need to be removed!!!
- DO NOT USE ON CONDUCTIVE SURFACES!!!



Additional Information / Review

Heart Attack – Signs and Symptoms Shock – What to do? **Recovery Position** June Classes Questions??? TEST TIME!!! ТОР FORM