

Cardiopulmonary Resuscitation (CPR) Guidelines

FAST FACTS

- 383,000 out-of-hospital sudden cardiac arrests occur annually.
- Many victims appear healthy with no known heart disease or other risk factors.
- 32% of cardiac arrest victims get CPR from a bystander.
- CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival.
- The American Heart Association trains more than 12 million people in CPR annually.

First Response

Before beginning CPR, approach the victim and check for responsiveness. If they don't respond, call 911.

Obtain an Automated External Defibrillator (AED) and administer one shock before starting CPR.

Keep performing cycles of CPR (30 compressions and 2 rescue breaths) until help arrives.

It is no longer required to give rescue breaths when performing CPR. This is known as citizen or hands-only CPR. This is used when you don't feel comfortable giving rescue breaths.

ABCs

A- Airway

Put your palm on the victim's forehead and gently tilt their head back.

Use your other hand to tilt the chin forward, opening the airway.

B- Breathing

Put your mouth on theirs to create a seal, and deliver first rescue breath, checking for chest elevation. Give second rescue breath.

C- Compressions

Place the heel of your hand on their chest, placing your other on top of the first. Begin giving 30 compressions at a rate of 100 compressions per minute.

Adult vs Child/Infant CPR

use the same cycle (30 compressions and 2 breaths) for all age groups.

Use only one hand instead of two when doing CPR on a child and two fingers on an infant.

Do not press down on the chest as hard.

Give more gentle breaths (if you chose to give rescue breaths).

When using an AED, use the pediatric pads on a child or infant if they are available.

Get CPR Certified!

Learn how to respond to cardiac and breathing emergencies.

Certificate is valid for 2 years and is available at Córdova Recreational Sports Center.

Automated External Defibrillator (AED)

What is it?

- Is a lightweight, battery-operated, and portable unit
- Comes with a set of instructions
- Gives voice prompts
- Used on an individual who is having sudden cardiac arrest

How do you use it?

- Expose the victim's chest
- Place the two electrodes on the victim's chest
- Place the pads that contain the electrodes on the chest as instructed
- Make sure everyone is clear and conditions are dry
- Use the AED to deliver the shock when prompted



Place one pad on the right center of the person's chest above the nipple. Place the other pad slightly below the other nipple and to the left of the ribcage.

CPR and AED

Post Test

(Answer the questions by circling the correct response)

1. How long is a CPR certification valid for?
A. 1 year B. 2 years C. 4 years D. 8 years
2. What does “C” stand for in the acronym CAB?
A. Circulation B. Cardiac C. Cardiopulmonary D. Compressions
3. What is/are the major type(s) of CPR?
A. Adult B. Child C. Infant D. All the above
4. What is the proper rate of compressions when performing CPR?
A. 30 compressions per minute B. 60 compressions per minute
C. 100 compressions per minute D. 120 compressions per minute
5. Approximately, how many out-of-hospital sudden cardiac arrests occur annually?
A. 400,000 B. 800,000 C. 100,000 D. 1,000,000
6. Citizen CPR requires ventilation.
True False
7. When using an AED, place one electrode pad on the right center of the person’s chest above the nipple and place the other electrode pad slightly below the other nipple to the left of the ribcage.
True False
8. Administer one shock from an AED before starting CPR.
True False
9. The area around the victim does not have to be dry when using an AED.
True False
10. The shock will work on a heart of someone who is having sudden cardiac arrest.
True False