#### CPR and AED Awareness Week • June 1-7, 2016

# **CPR** and **AED**





If you're not sure an emergency exists or the victim is unresponsive, badly hurt, looks/acts very ill, or quickly gets worse, call Emergency Medical Services (9-1-1) or activate your emergency action plan immediately.



## **Assess Person**

- If safe, tap or squeeze shoulder. Ask loudly, "Are you okay?" If no response:
- Have someone alert EMS and get an AED.
- Quickly check face and chest for normal breathing. If normal breathing absent:

## **Give 30 Compressions**

- Place heel of one hand on center of chest. Place heel of second hand on top of first.
- Using upper body weight, push hard, at least more than 2 inches.
- Push fast, at least 100-120 times per minute. Allow chest to rebound fully.

## **Give 2 Rescue Breaths**

- Tilt head and lift chin to establish airway.
- Make chest rise visibly with each breath.
- Take a fresh breath between breaths.

## Repeat Cycles 😥 and 😣

- Provide cycles of 30 compressions and 2 rescue breaths.
- CPR is tiring. When others can help, take turns performing CPR. Switch about every two minutes.









#### When the AED Arrives:

- Turn it on immediately and follow the AED's voice instructions.
- Don't stop! Continue until another provider or EMS personnel takes over, the person clearly shows signs of life, or you're too tired.

#### AMERICAN SAFETY& MEDIC HEALTH INSTITUTE First Aid

Members of the HSI family of brands

#### We Make Protecting & Saving Lives Easy.™

This poster is based on a MEDIC First Aid® training program using 2015 Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiac Care. By itself, it does not constitute complete and comprehensive training. Science and technology are constantly creating new knowledge and practice. Like any printed material, this poster may become out of date over time.