

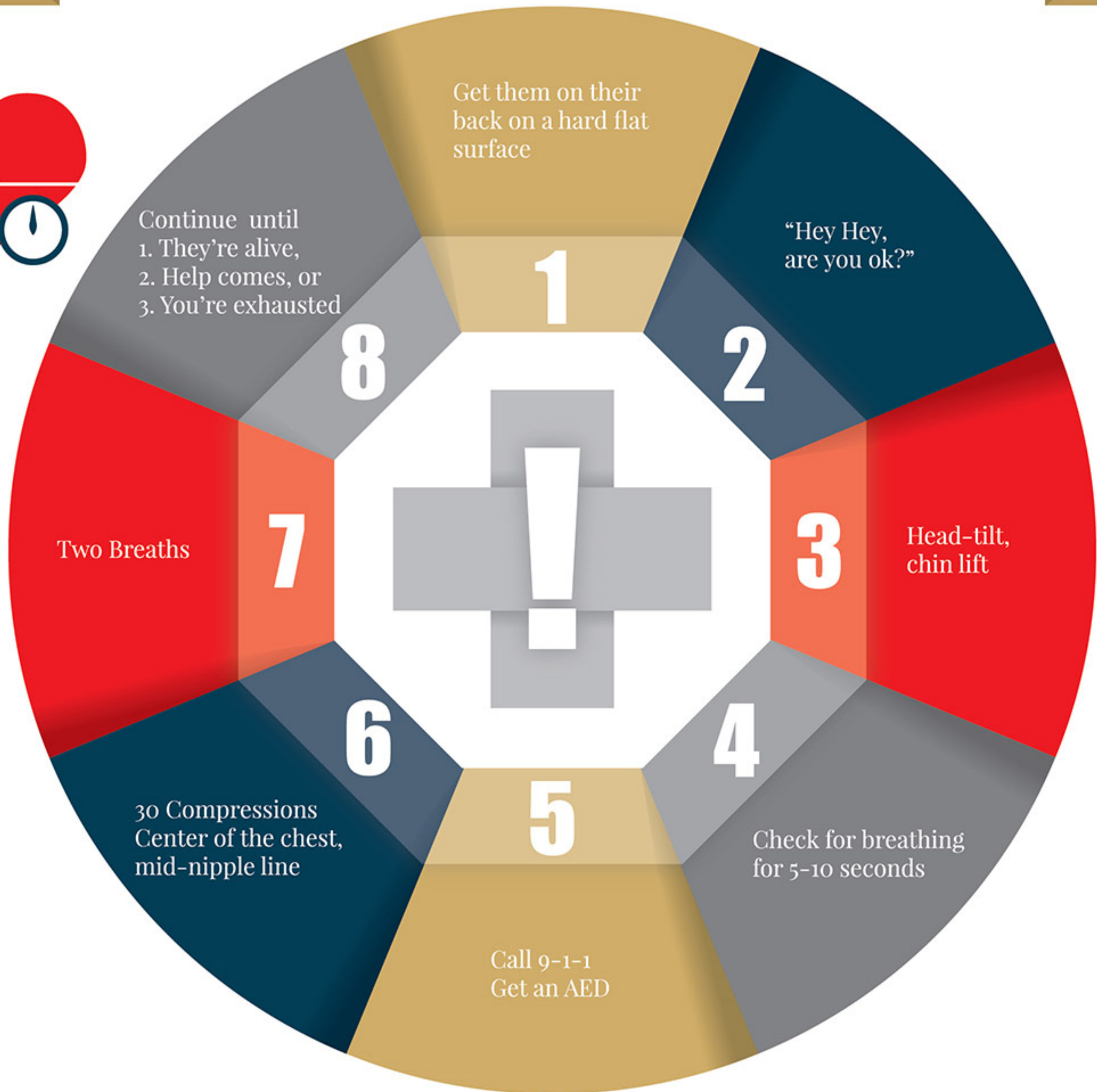


Show Me CPR & Personal Safety

Step-by-Step Instructions for

CPR & AED

Steps for Standard CPR



Steps for Compression-Only/Hands-Only CPR

- 1** Get them on their back on a hard flat surface
- 2** “Hey Hey, are you ok?”
- 3** Head-tilt, chin lift
- 4** Check for breathing for 5-10 seconds
- 5** Call 9-1-1 and get an AED
- 6** Deliver continuous compressions (center of chest, mid-nipple line) until
 1. They're obviously alive,
 2. Help comes, or
 3. You're exhausted





AED



- 1** Turn on the AED machine
- 2** Open the package with the pads
- 3** Place pads on victim's bare chest, exactly as shown in pictures
- 4** Analyzing for a heart rhythm – Don't touch the victim
- 5** Is shock advised? Don't touch the victim
- 6** Begin CPR – Follow the prompts



Choking

“Are you choking?”

Can they cough, talk, cry, or make noise?

Yes

Encourage them to cough it up on their own

No

Call 9-1-1



Adult/Child

Begin abdominal thrusts
2 fingers above the belly button
In and Up



Infant

Begin cycles of
5 chest compressions
and 5 back blows