

Lesson 1: Check, Call, Care

- In an emergency, follow the three emergency action steps: Check-Call-Care
- Check the scene, check the victim
 - Check the scene for your own safety
 - What happened
 - # of victims
 - Can you get aid from any bystanders
 - Check for life threatening conditions which include
 - Unconsciousness
 - Chest pain
 - Not breathing or having trouble breathing
 - No sign of circulation
 - Severe bleeding
- Call 911
 - Be able to give or have someone else give exact location, and other important info, such as victim information, life threatening conditions you find.
- Care for the life-threatening conditions you find
- DO NO HARM

Lesson 2: Cardiac Chain of Survival

- The most common cause of sudden cardiac arrest is a heart attack
- Each year approximately 250,000 people die of sudden cardiac arrest in the US.
- CPR helps to circulate blood and oxygen to the brain and vital organs when the heart stops.
- Disease or injury can disrupt the heart's electrical system and damage the heart.
- Defibrillation is an electric shock that interrupts the heart's chaotic electrical activity, most commonly caused by an abnormal rhythm known as ventricular fibrillation, and can restore the heart's ability to function as a pump.
- Defibrillation is not intended to restart a heart without any electrical activity.
- Signs of a heart attack include:
 - Persistent chest pain or discomfort lasting more than 3-5 minutes, or that goes away and comes back
 - Pain in either arm, discomfort or pressure that spreads to the shoulder, arm, neck, or jaw
 - Nausea, shortness of breath, or trouble breathing
 - Sweating, changes in skin appearance
 - Dizziness or unconsciousness

Lesson 3: Using an AED

- An automated external defibrillator (AED) is a machine that analyzed the hearts rhythm and, if necessary, tell you to deliver a shock to a victim of sudden cardiac arrest
- This shock, called defibrillation, may help the heart to reestablish an effective rhythm.
- If the AED tells you “No shock advised,” check the victim for signs of circulation. You may have to perform CPR.
 - Key Points
 - Do not touch the victim while the AED is analyzing. Touching or moving the victim may affect the analysis.
 - Do not touch the victim while the AED is analyzing. You or others could be shocked.
 - Do not use alcohol to wipe the victim's chest dry. Alcohol is flammable.
 - Do not use an AED in a moving vehicle. Movement may affect analysis
 - Do not use an AED on a victim lying on a conductive surface. Conductive surfaces, such as sheet metal or metal bleachers, may transfer the shock to others.
 - Do not use an AED on victim in contact with water.
 - Do not use an AED on an infant, or child under age 8 or under about 55lbs.
 - Do not use a cellular phone or radio within 6 feet of the AED. This may interrupt analysis.

Lesson 4: Conscious Choking

1. Check the scene and the victim
 - a. Ask the victim in they are choking
 - b. Identify yourself as someone that can help
 - c. Encourage them to cough.
2. If the victim cannot cough, speak or breath, have someone call 911
3. Give Abdominal thrusts
 - a. Place the thumb side of your fist just above the victim's belly button
 - b. Grab your fist with your other hand
 - c. Give quick upward thrusts
4. Continue giving abdominal thrusts until
 - a. The object is forced out
 - b. The victim becomes unconscious

Lesson 5: Checking an Unconscious Choking

1. Check the scene for safety, then check the victim
2. Tap the victim's shoulder and shout to see if the victim responds
3. If the victim does not respond...call 911, or have someone else call
4. Without moving the victim, Look-Listen-and Feel for breathing and circulation for about 5 seconds.
5. If the victim is unconscious, but is breathing and shows signs of circulation place him or her in the recovery position.
6. If the victim is not breathing or you cannot tell, roll the victim onto the back, while supporting the head and neck.
7. Tilt the head back and lift the chin to open the airway
 - a. Look
 - b. Listen
 - c. Feel
8. If the victim is not breathing give 2 rescue breaths
 - a. Tilt the head back and lift the chin to open the airway.
 - b. Pinch the nose shut
 - c. Take a breath and breathe slowly into the victim
9. If breaths go in, check for signs of circulation
 - a. Find the Adams's apple and slide your fingers toward you and down into the groove at the side of the neck.
 - b. Check for signs of circulation for no more than 10 seconds
 - c. Look for severe bleeding.

If breaths do not go in go onto Unconscious choking.

Lesson 6: Rescue Breathing

1. If the victim shows signs of circulation but is not breathing give 1 rescue breath.
 - a. Tilt the head back and lift the chin to open the airway.
 - b. Pinch the nose shut
 - c. Take a breath and breathe slowly into the victim until the chest clearly rises
2. Continue to give 1 rescue breath about every 5 seconds.
 - a. Do this for about 1 min (12 breaths)
3. Recheck for signs of circulation
 - a. Find the Adams's apple and slide your fingers toward you and down into the groove at the side of the neck.
 - b. Check for signs of circulation for no more than 10 seconds
4. If there are signs of circulation but no breathing continue rescue breathing or if there are no signs of circulation go onto CPR and using an AED.

Lesson 7: Unconscious Choking

1. If the breaths do not go in reposition the airway by tilting the head further back and give 2 rescue breaths again.
 - a. Tilt the head back and lift the chin to open the airway.
 - b. Pinch the nose shut.
 - c. Take a breath and breathe slowly into the victim
2. Give 15 abdominal thrusts
 - a. Find navel and place finger at location
 - b. Place palm of hand above finger and interlace hands.
 - c. Compress about 2 to 4 inches.
3. Look for object
 - a. Lift the jaw and tongue and look inside the mouth
 - b. If you see an object sweep it out with a finger
4. Give 2 rescue breaths.
5. If the breaths still do not go in continue steps 2-5.
6. OR...if the breaths go in Check for signs of circulation
 - a. Find the adams's apple and slide your fingers toward you and down into the groove at the side of the neck.
 - b. Check for signs of circulation for no more then 10 seconds
7. If there are no signs of circulation to onto CPR

Lesson 8: CPR

1. If the victim shows no signs of circulation
 - a. Find hand position on breastbone
 - i. Find notch at lower end of breastbone and place the heel on one hand next to and above this notch.
 - ii. Place your other hand on top
2. Give 15 compressions
 - a. Position the shoulders over the hands
 - b. Compress the chest about 2 inches deep.
3. Give 2 rescue breaths
4. Do about 3 more cycles of 15 compressions and 2 rescue breaths.
5. Recheck for signs of circulation
6. If there are signs of circulation but no breathing go to rescue breathing
7. If there are no signs of circulation continue CPR.

NOTES ON CPR:

- The scene becomes unsafe
- You can see or feel signs of circulation
- The AED is ready to use
- You are too exhausted to continue.
- Another trained responder arrives and takes over.

Lesson 9: CPR in Progress/Using an AED

1. Do CPR until the AED is ready to use
2. When AED is ready to use recheck the pulse.
3. If the victim shows no circulation turn on AED
4. Prepare to use the AED.
 - a. Wipe the victim's chest dry
 - b. Attach the pads to the victim
 - c. Place one pad on the victims upper right chest, and the other pad on the victim's lower left side
 - d. Plug in electrode cable into the AED
5. Let the AED analyze the victim's heart rhythm
 - a. Make sure no one is touching the victim
 - b. Say "everyone stay clear"
6. Deliver shock if prompted
7. If AED advises no shock is needed recheck pulse
8. If there is no pulse do CPR until the AED reanalyzes.