

# CPR & AED Quick Guide

## CPR Quick Guide



If you witness a victim collapse or see someone down, make sure the scene is safe for you and the victim. Check for responsiveness. If unresponsive, call 999, have someone get the AED and begin CPR.



**1** Remove all clothing on victim's chest. Open victim's airway by tilting the head backwards and lifting the chin upwards. Check for breathing. If victim is not breathing or breathing abnormally, begin CPR.

**2** Place heel of one hand in the middle of the chest. Place the other hand on top of the first with your fingers interlocked.



**3** Compress the chest at least 5 cm, not exceeding 6 cm. Allow the chest to recoil before the next compression.

**4** Complete a total of 30 compressions.

**5** When finished, if you choose to do mouth-to-mouth breathing, which is optional, tilt the head back and give two breaths so that the victim's chest rises.



**6** Repeat cycles of compressions and breaths until victim shows signs of life or AED arrives.

## AED Quick Guide



If you witness a victim collapse or see someone down, make sure the scene is safe for you and the victim. Check for responsiveness. If unresponsive, call 999, have someone get the AED and begin CPR.



**1** Turn on the AED and follow voice prompts.

**2** Remove all clothing from the victim's chest area. Make sure chest is dry, and excess hair is removed.

**3** Remove electrode pads from pouch and place on victim's chest by following instructions on pads.



**4** Make sure no one is touching the victim, while the AED analyzes victim's heart rhythm.

**5** If the AED advises a shock, press the shock button.



**6** If the AED does not advise a shock, immediately start CPR. After 2 minutes, the AED will re-analyze the victim's heart, and either advise a shock or to continue CPR.

**7** Continue this until EMS arrives or victim regains consciousness.



# The Top Reason Everyone should Know CPR & AED



The American Heart Association states the following reasons for  
**WHY IT IS IMPORTANT TO LEARN CPR/AED:**

**88%** of Cardiac Arrests happen in the home

**Only 6.4%** of Cardiac Arrest Victims survive because people witnessing the incident do not know CPR

**Over 200,000** people die of Sudden Cardiac Arrest every year.

**50,000** of the 200,000 deaths yearly could be prevented



According to the American Heart Association, 70% of Americans feel helpless to act during a cardiac emergency because either they do not know how to administer CPR, or their training has significantly lapsed. Referring to the statistics, 88% of cardiac arrests happen in the home, therefore CPR might be needed to save the life of your loved one.

## SO, WHY SHOULD YOU LEARN CPR?

Sudden cardiac arrest is not the same as a heart attack.

Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating.

A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR from a bystander. Sadly, less than eight percent of people who suffer cardiac arrest outside the hospital survive.

**CPR is an important skill to have. You can use it to save a life.**

