



 Please call 911 if you think you have a medical emergency.

## The Importance of CPR

**NOTE:** This reference is only intended to serve as a guideline for learning about CPR. It is not intended to be a replacement for a formal CPR course. If you are interested in taking a CPR course contact the American Heart Association at (800) AHA-USA1, or the American Red Cross by phoning your local chapter. Never practice CPR on another person, because bodily damage can occur. Learn CPR for a loved one.

### Cardiac Arrest

When a person develops cardiac arrest, the heart stops beating. There is no blood flow and no pulse. With no blood flowing to the brain, the person becomes unresponsive and stops breathing normally.

- When you discover a person whom you believe is experiencing a medical emergency, the first thing to do is check for responsiveness. Gently shake the victim and shout, "Are you OK?"
- If the person does not respond to your voice or touch, they are unresponsive. If the victim is unresponsive and you are alone, leave the victim and immediately call 911. If someone is with you, tell him or her to call 911 and then return to help you.
- If an AED is available, bring it back to the person's side. The moment an AED becomes available, IMMEDIATELY press the "on" button. The AED will begin to speak to you. Follow its directions to use the AED.



## Rescue Breathing

You now need to check to see if the person is breathing normally.

- You do this by first opening the person's airway. Tilt the victim's head back by lifting the chin gently with one hand, while pushing down on the forehead with the other hand.
- Next, place your ear next to the victim's mouth and nose and look, listen, and feel: Look to see if the chest is rising, listen for any sounds of breathing, and feel for any air movement on your cheek. Taking no more than 5–10 seconds, if you do not see, hear, or feel any signs of normal breathing, you must breathe for the victim.
- While keeping the victim's head tilted back, place your mouth around the victim's mouth and pinch the victim's nose shut. Give 2 slow breaths, making sure that the person's chest rises with each breath.

## Chest Compressions

After giving 2 breaths immediately begin chest compressions.

- Place the heel of one hand on the center of the chest, right between the nipples. Place the heel of your other hand on top of the first hand. Lock your elbows and position your shoulders directly above your hands. Press down on the chest with enough force to move the breastbone down about 2 inches. Compress the chest 30 times, at a rate of about 100 times per minute (slightly faster than once every second).
- After 30 compressions, stop, open the airway again, and provide the next 2 slow breaths. Then, position your hands in the same spot as before and perform another 30 chest compressions. Continue the cycles of 30 compressions and 2 breaths until an AED becomes available or until EMS providers arrive.
- This technique of performing CPR may be used on anyone older than eight years of age.

For more information, read the complete article, Cardiopulmonary Resuscitation (CPR) (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58719>) on <http://www.emedicinehealth.com>.

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*This information is not intended to replace the advice of a doctor.*

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