

CPR & AED Instruction Outline

Hands-Only CPR

Phase 1: Safety Phase

- The scene is safe: identify surroundings to determine if the scene is safe to provide care to the unresponsive individual.
- Check responsiveness: tap on shoulders and shout "Are you ok, Are you ok"
- Call for help: Call 9-1-1 and get an AED
- Check for signs of life: scan chest for breathing/put ear over mouth to see if breathing

Phase 2: Rescue Phase

- Start compressions: heel of hand in center of chest (sternum). Push down at a depth of 1 ½ - 2 inches. Allow the chest to recoil/relieve pressure (heart feels back up with blood). 100-120 compressions per minute (staying alive song for beats)
- Continue compressions until: EMS arrives, AED arrives and is ready to use, or physical exhaustion sets in and need to take a break; If others can help, switch every 2 minutes for doing compressions

Phase 3: AED

- Turn on AED
- Remove clothing from patient's upper torso (pads need to be in contact with skin)
- Place pads on correct locations (upper right chest and lower left side for adults/children; middle of chest and between shoulder blades on back for infants)
- Clear: Make sure nobody is touching the patient as the AED machine is scanning internally to determine if a shock is advised.
- AED unit will advise when shock is needed and when to resume compressions