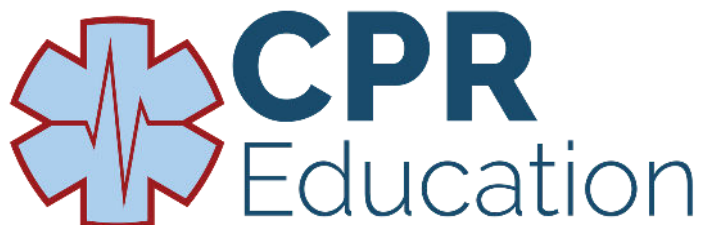


STEPS FOR CPR & AED USE



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1) ASSESS FOR SAFETY

Make sure there are no dangers to you. You can help someone if you become the second victim.

2) CHECK FOR RESPONSIVENESS

Shout at the person. If they don't respond, tap firmly or shake their shoulder. If they are unresponsive, we need help.



3) CALL FOR HELP

If others are around, point and have one call 911, and send another to get an AED. If you're alone, call 911 and get an AED.

4) CHECK FOR BREATHING

Watch the chest for normal rise and fall of breathing for 5-10 seconds. You do not need to listen or feel for breath.

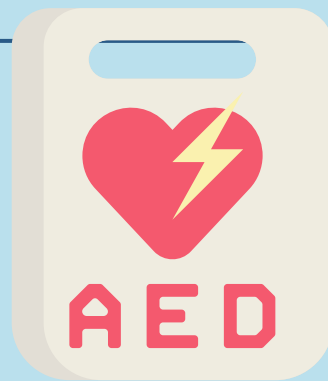


5) BEGIN CPR

Place the heel of one hand on the bottom center of the chest with the other hand on top and push 2 inches deep, 2 per sec.

6) USE AED IF AVAILABLE

If available, use an AED as soon as possible. Turn it on, and follow its audible prompts.



7) CONTINUE AS NEEDED

Continue following the AED's prompts until help arrives or the patient revives.

8) POST-CARE

Following cardiac arrest, advanced cardiac care, and emotional support are shown to improve patient outcomes.

