

Safety Solutions of Tampa Bay
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CPR for the Community and Workplace

Access Alert and Attend: (Remembering these steps will help guide you through the rescue safely also giving you more confidence creating a better outcome)

- 1** Access for scene safety; check for possible hazards.
- 2** Shake both shoulders and shout are you OK Look Listen and Feel for 5-10 seconds checking for breath
- 3** Call 911 and retrieve AED if available
- 4** If no circulation, begin chest compressions
- 5** Apply AED if available listen to the voice prompts
(Compressions should not be stopped while pads are being attached when there are 2 or more rescuers)
- 6** Immediately resume compressions after one shock and follow voice prompts

Causes of Death: Cardiac Arrest, Cancer, Drowning, Drug Overdose, Trauma, Respiratory Arrest

Heart Attack Warning Signs: Chest discomfort, slight to severe can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath, with or without chest discomfort. Other signs may include breaking out in a cold sweat, nausea or lightheadedness . Confusion Denial or feeling of impending doom, Treatment: Help administer Nitro Glycerin (dilates blood vessel) Aspirin (thins Blood) Administer Sublingual (under the tongue) O2 if trained

Stroke Warning Signs: Sudden numbness or weakness of the face, arm or leg, especially on one side of the body. Sudden confusion, trouble speaking or understanding. Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, loss of balance or coordination. Sudden severe headache with no known cause. (If you or someone with you has one or more of these signs, call 911 and don't delay!)

To identify a Stroke: Ask patient to smile, raise both arms straight out in front of person and repeat a simple sentence (If patient can not perform any of these tasks, call 911 and don't delay!)

Cardiac arrest strikes immediately and without warning. Here are the signs: Sudden loss of responsiveness (no response to tapping on shoulders). No normal breathing (the victim does not take a normal breath when you tilt the head up and check for at least five seconds). If these signs of cardiac arrest are present, tell someone to call 9-1-1 and get an AED and you begin CPR immediately.

If you witnessed the collapse and are alone with an adult who has these signs of cardiac arrest, call 9-1-1 and get an AED (if one is available) before you begin CPR. (Use an AED as soon as it arrives.) (un-witnessed collapse provide 2 minutes of CPR before calling 911 and retrieving a n AED)

Begin CPR: Establish unresponsiveness (shake both shoulders and shout are you OK Call 911 and apply AED if Available)

A: Open Airway- Head tilt Chin Lift to check for breathing

B: Look Listen and Feel for 5-10 seconds checking for breath

If needed give 2- 1 second breaths and look for chest rise

C: Circulation- If trained, check for pulse, If not look for other signs of circulation like movement, moaning, and pink skin. If no circulation, begin chest compressions at 100 per minute rate, two hands in the center of the chest, the sternum, between the nipple line. Compress down 1 ½ to 2 inches for adults and ½ to 1/3 the depth of infants and children.

(On adults it is common to crack or dislocate ribs, we need to push harder to create adequate circulation)

Infant: 0-1 years compress ½ -1/3 depth of chest two finger tips between nipples over the sternum

Child: 1-8 years compress ½ -1/3 depth of chest with 1 or 2 hands between nipples over the sternum

Adult: 8 and above Two hands in the center of the chest, the sternum, between the nipple line.

(After 5 cycles of 2 breaths and 30 compressions recheck the patients vitals, if no vital signs continue CPR until help arrives or and AED comes available)

Automated External Defibrillator (AED) Apply early if witnessed; apply after 2 mins of CPR if not. Follow prompts for shock, make sure know one is touching patient. After one shock continue CPR for 2 mins CPR listen for prompts it will guide you through the rescue

(Remember your safety comes first, DO NOT Under Compress, maintain 100 compressions a minute, Work as a team and switch out when someone becomes to tired to do it properly)