

Please watch the accompanying CPR video in addition to reading/actually learning all of this information before you meet with Scott (713-334-1818).

HERE ARE THE STEPS: (ABC) Airway, Breathing, Circulation

- Ask the person, "Are you OK?" into each ear while gently shaking the shoulders.
- If the person does not respond, point someone out and say, "You, call 911".

AIRWAY AND BREATHING

- Open the airway all the way back for the adult and child, put your ear by their mouth and then look towards their chest so you can look, listen, and feel for breathing. If no breathing, give them two breaths by sealing their mouth and pinching their nose (so that the air is forced into the lungs).
- Infants get two puffs of air, and you cover their nose and mouth with your mouth at the same time you are puffing the air from your mouth into their body (only puff the air from your mouth, and not your lungs or you could put too much air into their lungs and burst them). Also, the infant's head is only tilted halfway back. Tilting the infant's head all the way back can cut off the airway.

CIRCULATION AND COMPRESSION

- Check Circulation by touching the victim's Adam's apple with your two fingers and then drop your two fingers into the groove on your side (toward you). If there is no circulation, begin chest compressions. **30 compressions then two breaths.**
- After your fourth time of giving 30 compressions, check for circulation again by going back to the groove just below the Adam's apple. Still no circulations? Repeat your two breath 30 compression again for four more cycles then check again. **Repeat this until:**

- *Help arrives**
- *The victim is revived**
- *You are too fatigued to continue**

NEVER GIVE UP BECAUSE YOU THINK THEY ARE DEAD...YOU ARE NOT AN MD!!!

Basic Operation of an AED:

-Ensure the scene is safe before entering.

-Shake the patient gently for 10 seconds and try to wake him/her.

-If no response, ask a bystander to call 911 and retrieve an AED

-Perform the "ABC"s: Airway, Breathing, Circulation:

~ Open the patient's airway with the "head tilt, chin lift"

~ Check for breathing by looking, listening, and feeling for 10 seconds

~ If no breathing, utilize a CPR mouthshield barrier and deliver 2 breaths

~ Check for signs of circulation (breathing, movement)

~ Begin 30 compressions (2 inches), followed by 2 breaths

-When the AED arrives, turn the device on and follow the verbal prompts:

~ Remove the shirt and any clothing from the patient's torso

~ Open the electrode pads and peel one from the backing

~ Place the AED pads on bare skin, using the picture on each pad as a guide

~ Ask bystanders to "clear" - move away from the patient - and allow the AED to analyze the patient's heart rhythm

~ If a shock is necessary, the AED will command that you press the shock button to deliver energy

~ Ensure that everyone is clear of the patient and press the shock button

~ After the first shock, follow the directions given by the AED until 911 arrive

Also, please remember this: Adults are 8 years old and above. Use both hands with your compressions and go 1 1/2 inches to 2 inches deep.

***Children are 1 year old up to 8. Go 1 inch to 1 1/2 inches deep with your compressions and use one hand.**

***Infants are below one year old. Use two fingers just below the nipple line and go 1/2 inch to one inch deep.**

Common Mistakes I've seen in over 15 years of teaching CPR?

- Not knowing the proper sequence.

- Not opening the airway wide enough on the adult and child.

Now, please watch the video again and read this again until you are sure you got it. Once your sure you got it, set up a time for Scott Stambush to come to where you are so you can prove you know what you are doing and get your CPR card for \$50 (or \$25 for students and customers). Of course, this is free for all STAMBUSH STAFFING employees.