INTRODUCTION
"CPR CAN SAVE LIVES!"
CHAPTER 1

We at First Aid C.P.R. Course welcome you to the CPR Certification Training Program. When you are done with the course and have taken the time to complete the materials and watch the instructional videos, you will be qualified to take the take the test to become CPR Certified. The Program and course will take approximately one hour to complete.
The course is designed to be taken at your own speed and can be paused at any time.

When a victim receives CPR the chances of survival is greatly increased. When conducting CPR it is important to make sure that you and the victim are safe and that you follow through until help arrives.

CPR will save lives if administered correctly and effectively.

Cardio **P**ulmonary **R**esuscitation

It is a procedure that is used in an emergency. It must be performed in an effort to manually provide oxygen to the brain to a person whom becomes unresponsive.

By performing mouth-to-mouth breathing and chest compressions,

the rescuer can manually provide oxygen and blood circulation to the victim.

Make Sure the Environment is safe and use common sense when Assess the situation.

The first thing that you must do when responding to a victim is to make sure the situation is a safe one for all parties involved, including, you, the rescuer. MAKE SURE you determine if the victim is in a life-threatening situation and if the victim is able to ask for help.

In the event that the victim is responsive and they can effectively communicate with you be sure and ask the victim if they feel comfortable for you to administer CPR and life saving care technique? The victim may communicate with you by voice, hand signals, or by other methods.

You should not perform CPR on anyone who is conscious and able to communicate. You should instead call 9-1-1 (or your local emergency number). You can, however, help the victim in other ways, such as first aid, calling for help, etc.

YOU SHOULD ONLY PERFORM CPR ON A VICTIM WHO IS UNCONSCIOUS AND NOT BREATHING.

CPR TRAINING CLASS

Safety is a Priority

Cardiac Arrest-
When a victim is not breathing or suffering from cardiac arrest it is important to note that time is of the essence. Like always, make sure the scene is safe and be sure to carefully assess the situation. DO NOT haphazardly rush into action without thinking.

First, be sure to obtain the permission of the victim that he or she is o.k. with you providing life saving and determine whether the victim is in a safe location.

Unsafe Location	Safe Location
On the waters edge	Inside an art gallery
Inside a moving car	At a golf course
On a Jet-Ski	Inside a building

There is no need to relocate a victim if the environment is safe and clear from obstructions.

If you determine that the environment is unsafe you must determine if it is safe for you to approach the scene.

If you are comfortable with moving the victim be sure and do so and move to a safe location with care.

In the unsafe location examples above, it is not safe for you go the edge of a shore line or to help someone in a moving car. By placing yourself in a dangerous situation you can make the situation worse for all parties. You do not want to have two victims on the scene. You should use good judgment and make an educated decision whether or not to enter an unsafe location.

Activate the Emergency Medical Response System

It is important to note that CPR must only be performed on a victim who is neither conscious nor breathing. If someone is able to communicate with you DO NOT administer CPR.

If you approach a scene and there is another person with you and the victim, instruct the other person to activate the Emergency Medical Response System by dialing 911, immediately, as you prepare to begin administering CPR.

When you find yourself alone with a victim and you have assessed the situation and identified the victim needs assistance and you have determined that it is safe for you to give care, activate the Emergency Medical Response System by dialing 911

Infants and young children are more prone to brain damage than teenagers and adults because their brain has not fully developed. It's important to note that when caring and providing aid for a

child that CPR commences immediately.
For children and or infants and children who appear to be under the age of 12 begin CPR immediately. Administer CPR for approximately two minutes and continue for 2 minutes before you activate the emergency response system by dialing 911.

Upon contacting the EMS personnel be sure to give them an accurate description of the situation and that you provide your location including; street name, number, city, state. If you cannot remember the street address, try to provide EMS with known cross streets, stores, and or a description of your surroundings. Remember, by providing EMS with accurate information can help the EMS personnel respond quicker to the scene.

CONSIDER YOUR OWN SAFETY

When performing CPR with mouth-to-mouth breathing you may come in contact with bodily fluids such as blood or saliva. There is a risk of diseases that can be transmitted.

Consider the possible dangers and risks to you when you decide to help a victim.

Some dangerous diseases include; mumps, rabies, whooping cough, hepatitis, HIV, meningitis, and Lyme Disease. It is important to note that some of the diseases are life threatening and some have no cure. Use safety and caution when helping any victim and most importantly use COMMON

SENSE.

BEFORE AND AFTER YOU BEGIN CPR

CPR should only be performed on a person who is not breathing normally and unconscious, or does not have a pulse. You should not perform CPR on anyone who is conscious and able to communicate.

Before beginning CPR, you must be absolutely certain that the victim is unconscious.

Administering CPR

Compressions section
http://newsroom.heart.org/news/1139

Remember, CPR should be administered at a rate of 100 compressions per minute until help arrives. The ratio for compressions to breaths is 30:2.

The ABCs of CPR

A is for Airway. Clear the Airway

Check for any obstructions, such as: vomit, tongue, foreign objects, swelling or food blocking the patient's throat or windpipe.

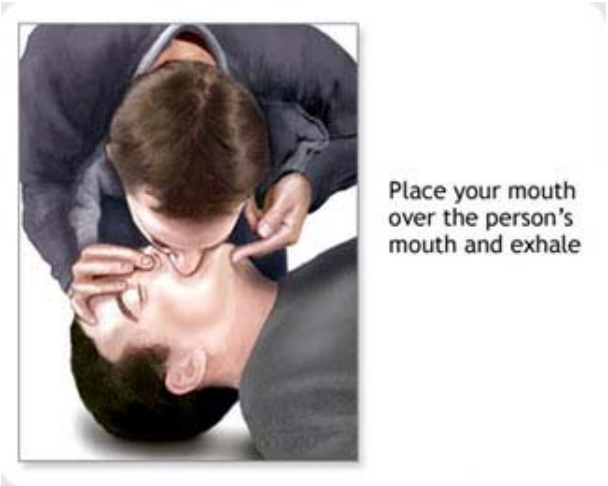
Make sure the patient is on a solid/firm surface.

Next, kneel next to the patient's shoulders. Open the patient's Airway by tilting the head back with the palm of one

hand as the other hand gently lifts the chin. Listen for any sounds, put your cheek beside the patient's mouth to feel for breathing.

B is for Breathing. Mouth-to-Mouth

Rescue Breathing is widely known to be performed mouth-to-mouth, mouth-to-nose, mouth-to-mask and mouth-to-stoma. While still performing the Airway technique pinch the patient's nose shut. With a complete seal over the patient's mouth, with your mouth, breathe into the patient until you see the chest inflate.

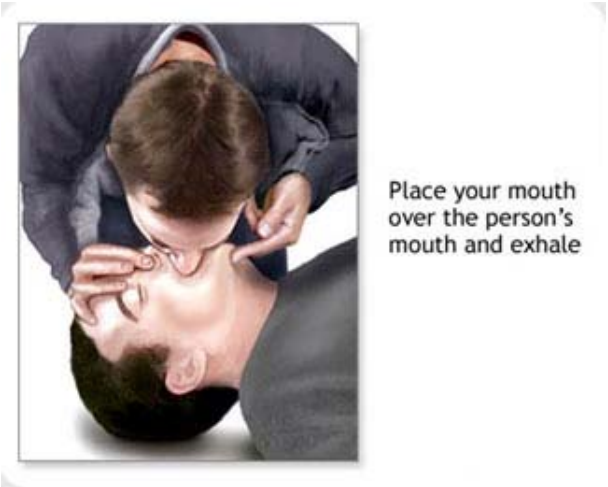


Place your mouth over the person's mouth and exhale

Once the breathing technique is applied you will continue the C-A-B's.

C is for Circulation (Chest Compressions)

After giving two full breaths, immediately begin administering chest compressions (along with cycles of compressions and rescue breaths).



Place your mouth over the person's mouth and exhale

- Kneel at the person's side, near the chest.
- Using the middle finger and forefinger of the hand closest to the person's feet, locate the notch where the lower edges of the rib cage meet in the middle of the chest. Place the heel of the hand on the breastbone or sternum next to the notch, in the center of the chest, midway between the nipples. Place the second hand

directly on top of the one already in position while keeping all fingers off of the chest wall. Some find this easier to do when fingers from both hands are interlocked.

- Both shoulders should be directly over the person's sternum. Press downward while keeping arms straight. Downward thrusts should be hard and fast. Between compressions, relax pressure on the sternum completely but do not remove your hands from the person's sternum. Allow the chest to return to its normal position between compressions. The period of relaxation and compression should be of equal duration. Avoid any interruptions in chest compressions; this is to prevent stoppage of blood flow.
- Use 30 chest compressions to every two (2) breaths (or about five (5) cycles of 30:2 compressions and ventilations every two minutes for all victims (except for newborns). You must apply compressions at the rate of 100 times per minute. Some people remember this rate by applying compressions to the beat of the popular Bee Gees disco song "Stayin' Alive".

Adult CPR Check to make sure the victim is not breathing Before performing CPR call 911.

Perform CPR – USING "C.A.B.'s" Compressions, Airway, Breathing *** CAB's stand for – Compressions, Airway, Breathing according to AHA 2010 updates***

For compressions, depress the sternum 1/3 to ½ the depth of the chest.

30:2 compressions over breaths meaning 30 compressions should be administered and then

two breaths.

Child CPR

Perform CPR for 2 minutes before calling 911. Perform CPR for five (5) repetitions (of 30 compressions and 2 ventilations). Administer compressions of between 1/3 and 1/2 of the depth of the child's chest, depending on the size of the child.

Remember the 30:2 ratio of compressions over breaths.

Infant CPR

Perform CPR for 2 minutes for a total of 5 repetitions (of 30 compressions and 2 ventilations) before calling 911.

Performing CPR - Compressions, Airway, Breathing (C-A-B's).
Administer compressions of 1/3 to ½ of the depth of the infant's chest.

Recall the 30:2 ratio of compressions over breaths.
Seal the infant's mouth and nose when breathing.
Activate EMS by calling 911.

How to use an AED

Turn on the AED.

There will be an "On" button or there might be a lever. Make sure to remove all clothing from the arms and chest whether male or female. Attach pads to bare skin on the chest. Make sure to use the appropriate system for the child or adult (DO NOT USE an AED on an infant). Place the left pad under the left armpit to the left of the nipple. Place the right pad under the collarbone on the right side of the chest. Make sure to place the pads at least one inch away from any implanted devices.

Next, connect the wiring

Listen closely the patient's heart rhythm. Be sure that you DO NOT touch the patient during the defibrillator process. If the AED does not begin analyzing automatically make sure you have pressed the analyze button.

If a shock is recommended then push the shock button. Make sure your patient is cleared of any obstructions such as large amounts of water or debris.

Some AED models shock up to 3 times where most newer models only shock once. If the patient is shocked but doesn't regain a pulse immediately begin to perform CPR for 2 minutes.

When should an AED be used?

CPR is a very important action for saving a patient's life. It's crucial to call 911 or any Emergency Medical Service (EMS) before performing CPR or applying an AED. Using an AED is crucial towards regaining the natural rhythm of the heartbeat in addition to restarting the patient's heart. CPR should be performed if the patient is non-responsive and not breathing and an AED should be applied after performing CPR. If the AED does not bring the patient back to consciousness, re-administer CPR

TRAINING VIDEOS

We have put together a comprehensive list of instructional videos designed to help you learn at your pace. We are dedicated to providing life saving techniques and skills in the most affordable and accessible ways, online.

Please review the videos in the following

sections to become familiar with, Cardiopulmonary resuscitation (CPR), Automated External Defibrillation (AED) and First-Aid.

TEST YOUR KNOWLEDGE AND GET CERTIFIED

Congratulations on completing your training for Adult/Child/Infant CPR/AED.

You are now trained for CPR. Your next step is to become CPR Certified.

Proceed to the test to continue.