Name: Quang Huynh Health

Directions – after going through the Safety Power Point and watching the videos list 3 thing that you learned in each category

**Traditional CPR**

* To do a chest compression, push down 2 inches into the center of the chest 30 times.
* Rescue breaths are blowing into the month until you see the chest rise and give two breaths. Use the head-tilt maneuver and pinch the nose while covering the mouth.

**Hands-Only CPR**

* Every minute CPR is delayed, a victim’s chance of surviving decreases by 10%.
* Rescue breathing isn’t necessary.
* Hands-only CPR is a new method with continuous forceful chest compressions to circulate the person’s blood to their heart and brain.

**AED**

* AED stands for Automated External Defibrillator.
* Sends a therapeutic electric shock to the heart.
* AED usage within the first three minutes can increase survival rates over 80%.

**Choking**

* Signs of choking are: Making high pitch noises, bluish skin color, trouble breathing, panic/fear and shortness of breath.
* Ask victim if they’re okay, call the police and perform CPR.
* Brain damage is the result of no oxygen to the brain.