

# Cardiopulmonary Resuscitation (CPR) and First Aid

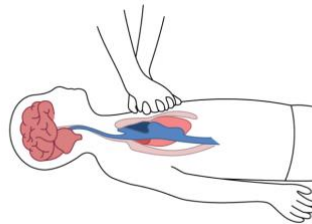
## Table of Contents

<i>What is Cardiopulmonary Resuscitation (CPR)?</i> .....	1
<i>How to perform CPR?</i> .....	1
<i>How to use an automated external defibrillator (AED)</i> .....	2
<i>5 Reasons to Take First Aid and CPR training</i> .....	2
<i>Where can I get more instruction or information?</i> .....	3



## What is Cardiopulmonary Resuscitation (CPR)?

Cardiopulmonary resuscitation (CPR) is an emergency procedure that can help save a person's life if their breathing or heart stops.



When a person's heart stops beating, they are in cardiac arrest. During cardiac arrest, the heart cannot pump blood to the rest of the body, including the brain and lungs. CPR uses chest compressions to mimic how the heart pumps. These compressions help keep blood flowing throughout the body.

Each minute that CPR is delayed decreases the odds of survival by about 10%, research has shown. But having a bystander perform CPR doubles or triples the chances of somebody surviving,

Cardiac arrest is not the same as a heart attack. A heart attack happens when blood flow to the heart is blocked. A person having a heart attack is likely still talking and breathing. This person does not need CPR—but they do need to get to the hospital right away. Heart attack increases the risk for going into cardiac arrest.

## How to perform CPR?

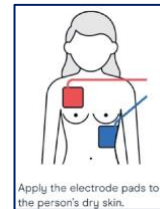
1. **Check** for responsiveness.
2. **Call 911**, or direct someone else to call. 911 operators can guide rescuers through CPR.

3. **Begin CPR:** To perform CPR, place the heel of one hand in the center of the chest. Place the other hand on top and interlock the fingers. Push straight down hard and fast at 100 to 120 beats a minute. (That's the rhythm of the Bee Gees' "Stayin' Alive." You can also have someone search Google for "metronome" and enter "110.")
4. A bystander should retrieve an automated external defibrillator (AED), if one is nearby. **Do not stop CPR** to go look for an AED.
5. If possible, CPR should be continued until paramedics arrive on the scene.

## How to use an automated external defibrillator (AED)

1. **AEDs** purpose is to shock the heart back to life – the AED has audio instructions that will advise exactly what to do:

- a. **Turn on the AED** and follow audio instructions.
- b. **Remove all clothing** surrounding the patient's chest (including bra).
- c. **Apply the included electrode pads** to the person's bare skin. Make sure the person's chest is dry.
- d. **Allow the AED to analyze the person's heart rhythm.** Make sure no one, including you, is touching the victim. Touching the victim can interrupt the AED's analysis.
- e. **Deliver a shock (if needed):** If the AED determines that the patient is in cardiac arrest and that a shock is needed, the AED will either tell you to push the SHOCK button on the AED, or it will tell you it is going to initiate the shock.
- f. Make sure no one touches the person as the AED delivers a defibrillation shock.
- g. **Perform CPR as the AED re-analyzes.** Follow the AED instructions about when to resume CPR and when to deliver additional shocks.
- h. **Continue listening to the AED and doing CPR until the ambulance arrives.**



## 5 Reasons to Take First Aid and CPR training

Getting trained in first aid and CPR are the most important things you can do to help someone suffering from a medical emergency.

- 1) **Save someone's life** - approximately 400,000 people, of all ages, die each year from sudden cardiac arrest in the U.S. Performing CPR helps preserve the individual's brain function during cardiac arrest until Emergency Services arrive.
- 2) **Increase patient comfort** - learning techniques such as proper bandaging or what to do for a burn or broken bone, makes a huge difference in the immediate situation and long-term healing.
- 3) **Prevent worsening situations** - In some cases, if a person does not receive immediate first aid care, their symptoms may worsen or deteriorate. Helping prevent worsening situations makes you a valuable link in the chain of support and survival.
- 4) **Be more valuable to your community** - The more people who take the time to be trained, the better the chances are that you are able to help save someone else's life, and if ever needed, someone will be there to save yours.

- 5) [Most cardiac arrests happen at home](#) - For every minute that passes without CPR, the victim's chance of survival decreases approximately 10%.

## Where can I get more instruction or information?

Take a class in person or on-line:

[Red Cross](#)

[American Heart Association](#)

[Emergency treatment of cardiac arrest](#)

[Tualatin Valley Fire and Rescue](#) – provides free AED/Hands-on CPR to groups of 20+. To schedule please call Dorene Boger, TVF&R Community Affairs Specialist at (503) 259-1507.

Created Sept 2023 T.Meyer