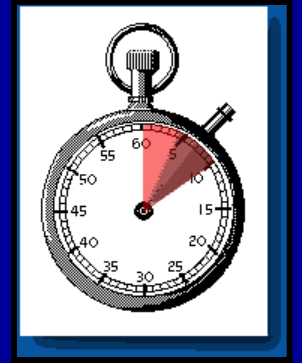
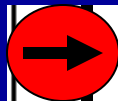




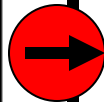
BLS Training CPR and AED for Adults

Trainer: Mike Reese & Charles Hutton

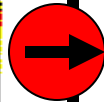
WHY THE HEARTSAVER - AED COURSE



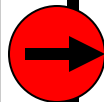
As a Heartsaver trained in both CPR and use of an AED, you can increase the chances of survival for a victim of cardiac arrest. You may help save a life.



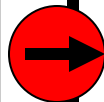
The most frequent cause of cardiac arrest is the sudden onset of the deadly rhythm VF.



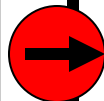
You can keep the heart and brain alive by performing CPR while you wait for the AED to arrive.



The treatment for VF is electric defibrillation with a defibrillator.



The sooner you perform defibrillation, the greater the chance that defibrillation will work.



The Heartsaver AED Course enables you to perform the life-saving skills of CPR and use of an AED for victims of cardiac arrest.

Example of
VF

AED
Shock

Deliberation

AED

***Every year 250,000 adult Americans
die from cardiac arrest.***

***As a Heartsaver trained in CPR and use of an
AED, you may be able to save a life.***

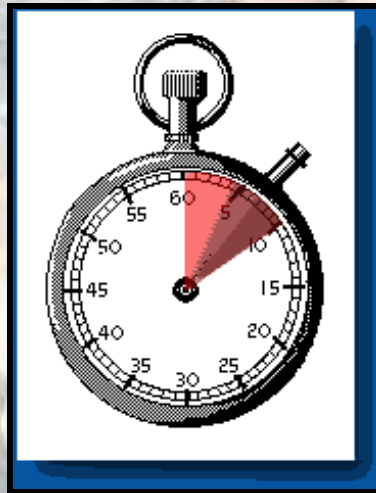
***When you recognize an emergency, the first
three links in the Chain of Survival are in your
hands.***

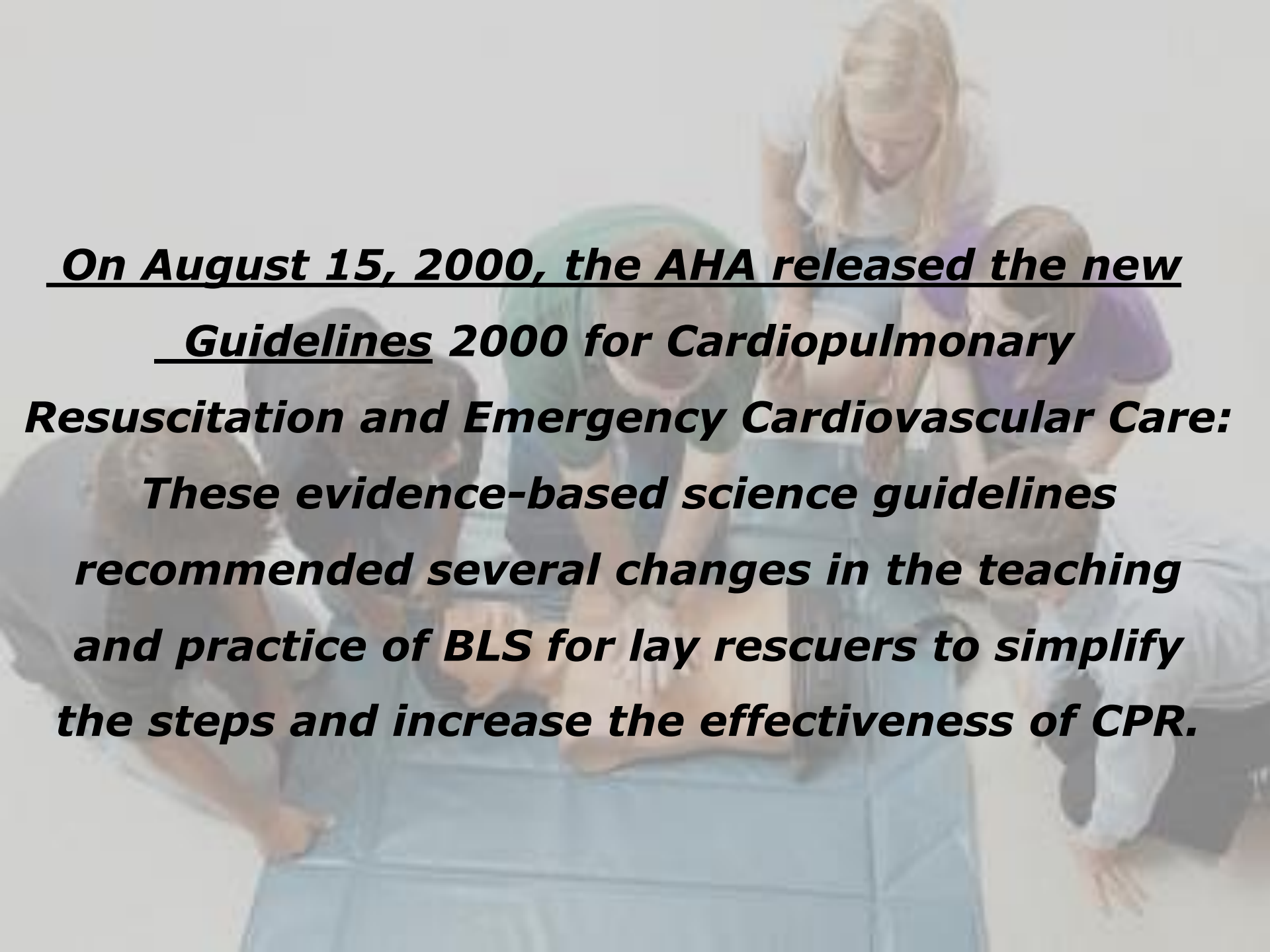
You phone 911.

You begin CPR.

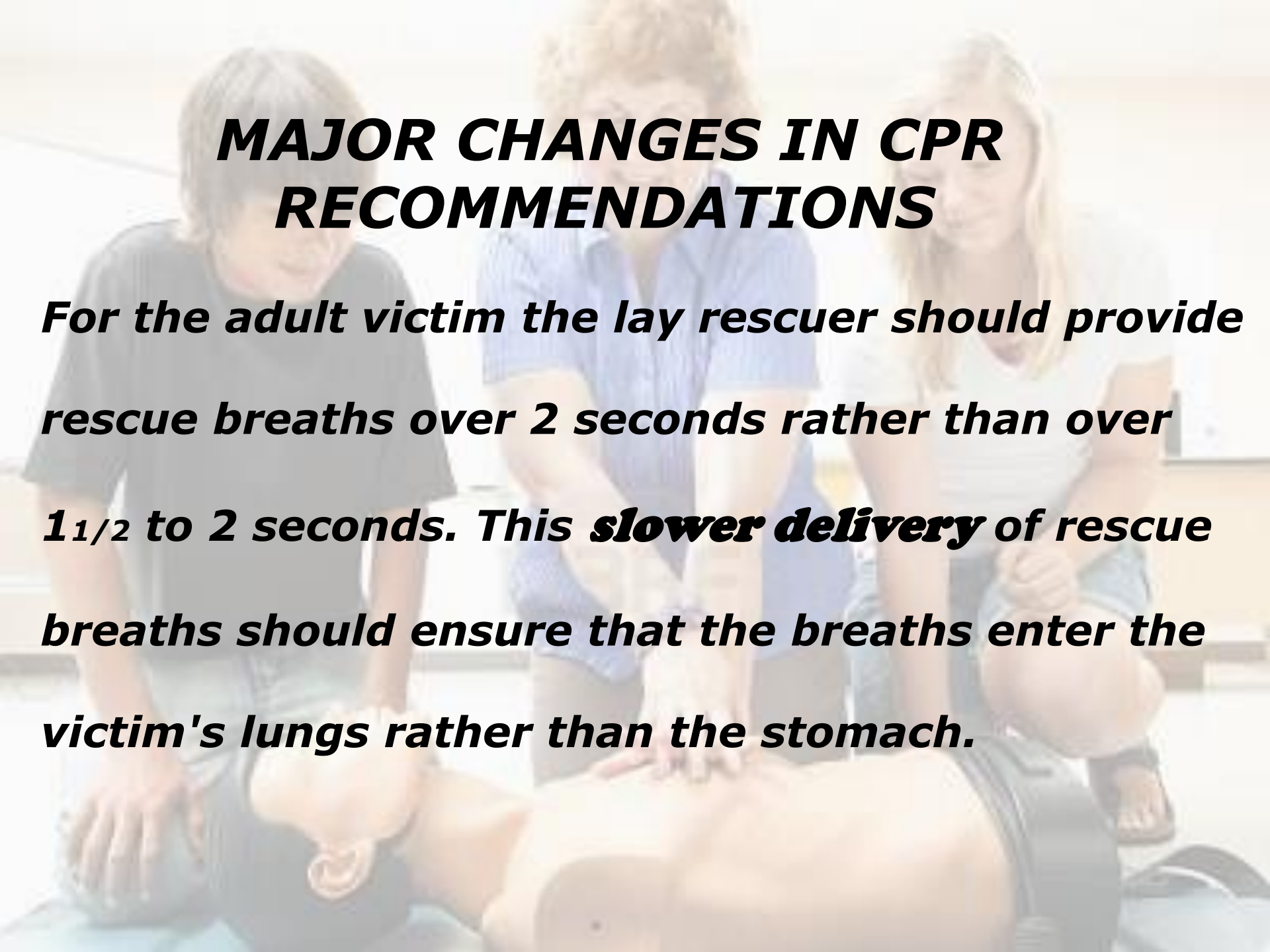
You use the AED

***Unresponsiveness is the red flag
for an emergency --- you need to
act immediately!***



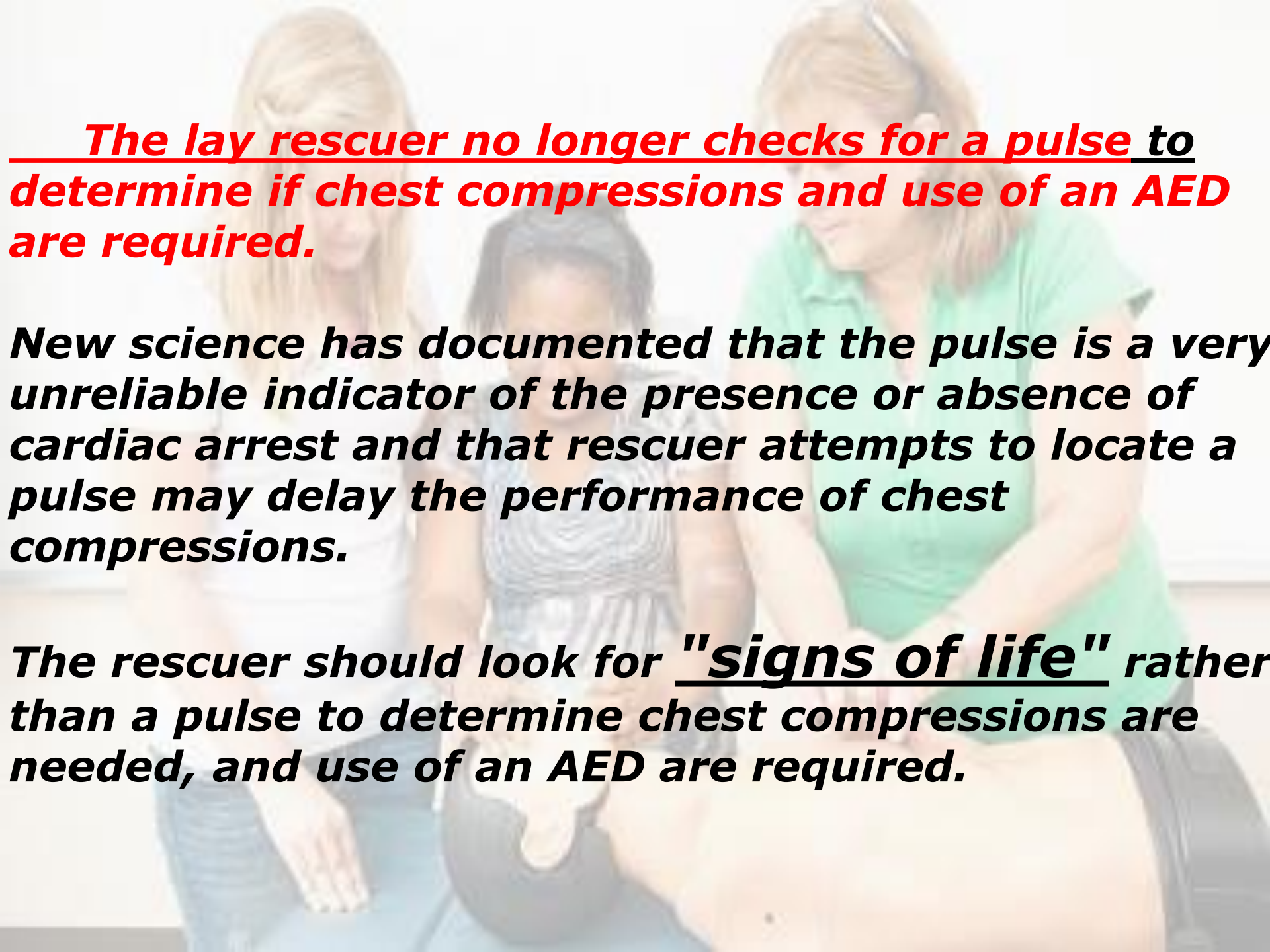
A group of people, including students and a professional, are gathered around a CPR training mannequin lying on a blue gurney. They are all looking down at the mannequin, likely observing or practicing life-saving techniques. The scene is set in a bright, clinical or training environment.

On August 15, 2000, the AHA released the new
Guidelines 2000 for Cardiopulmonary
Resuscitation and Emergency Cardiovascular Care:
These evidence-based science guidelines
recommended several changes in the teaching
and practice of BLS for lay rescuers to simplify
the steps and increase the effectiveness of CPR.

A background image showing three people (two women and one man) practicing CPR on a mannequin lying on the floor. One woman is performing chest compressions, while the other two are observing. The image is slightly faded to make the text stand out.

MAJOR CHANGES IN CPR RECOMMENDATIONS

For the adult victim the lay rescuer should provide rescue breaths over 2 seconds rather than over 1½ to 2 seconds. This **slower delivery** of rescue breaths should ensure that the breaths enter the victim's lungs rather than the stomach.

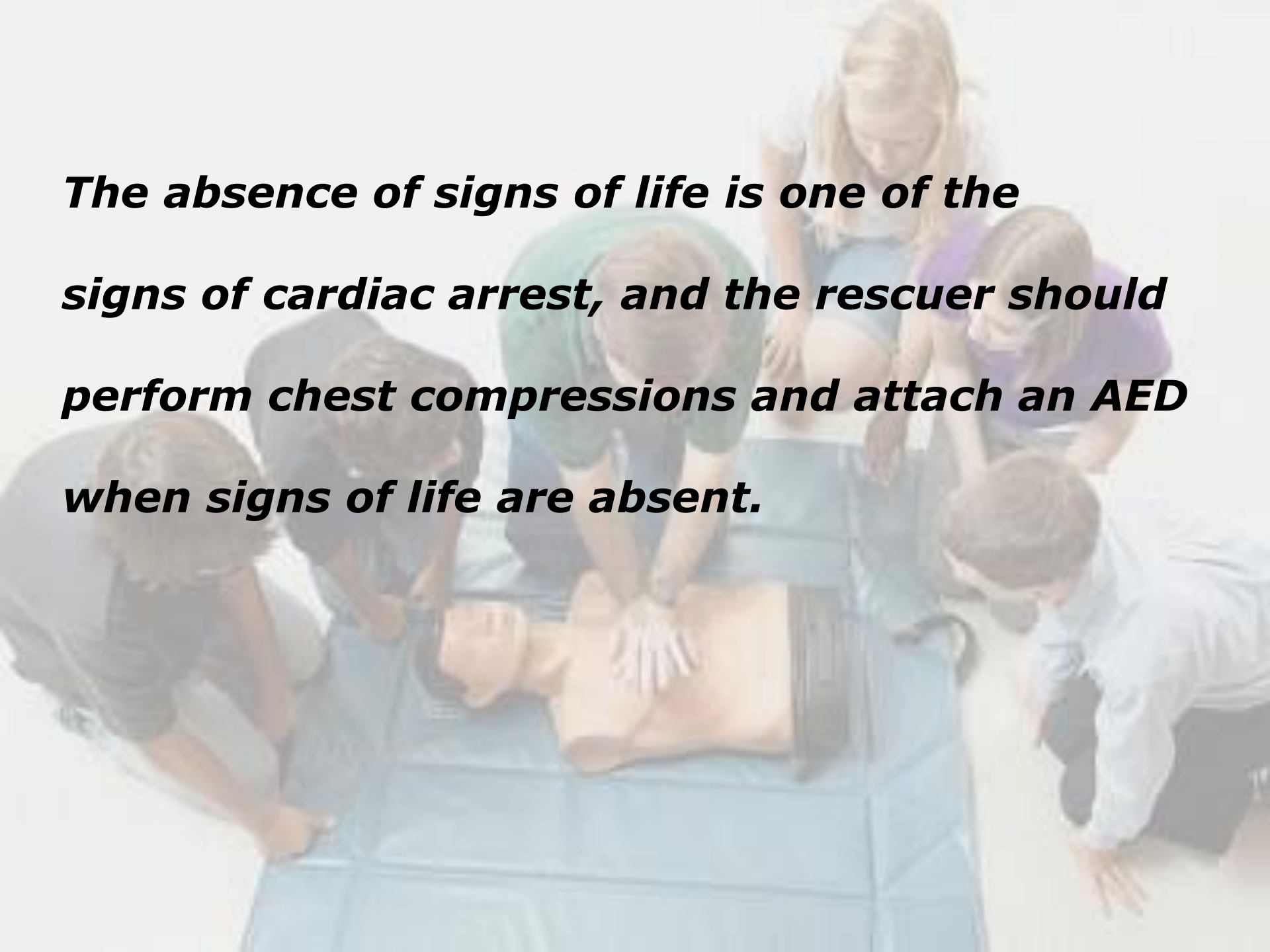
A background image showing three women in a classroom or training environment. One woman in a green shirt is demonstrating CPR on a mannequin lying on a blue mat. Two other women, one in a white shirt and one in a grey shirt, are observing the demonstration.

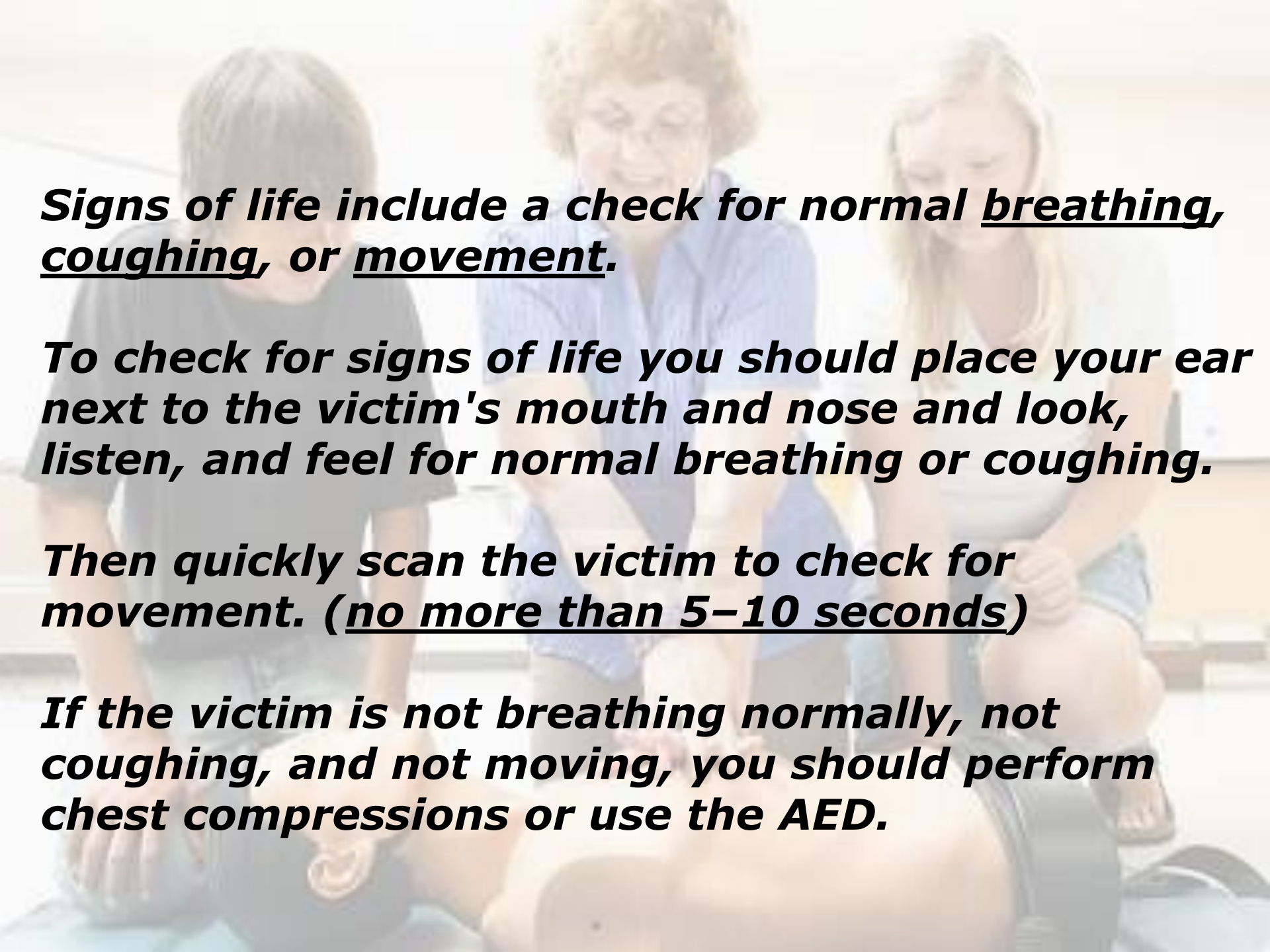
The lay rescuer no longer checks for a pulse to determine if chest compressions and use of an AED are required.

New science has documented that the pulse is a very unreliable indicator of the presence or absence of cardiac arrest and that rescuer attempts to locate a pulse may delay the performance of chest compressions.

The rescuer should look for "signs of life" rather than a pulse to determine chest compressions are needed, and use of an AED are required.

The absence of signs of life is one of the signs of cardiac arrest, and the rescuer should perform chest compressions and attach an AED when signs of life are absent.



A blurred background image showing three people (two women and one man) gathered around a person lying on the floor, likely a mannequin, in a training or first aid scenario. The text is overlaid on this image.

Signs of life include a check for normal breathing, coughing, or movement.

To check for signs of life you should place your ear next to the victim's mouth and nose and look, listen, and feel for normal breathing or coughing.

Then quickly scan the victim to check for movement. (no more than 5–10 seconds)

If the victim is not breathing normally, not coughing, and not moving, you should perform chest compressions or use the AED.

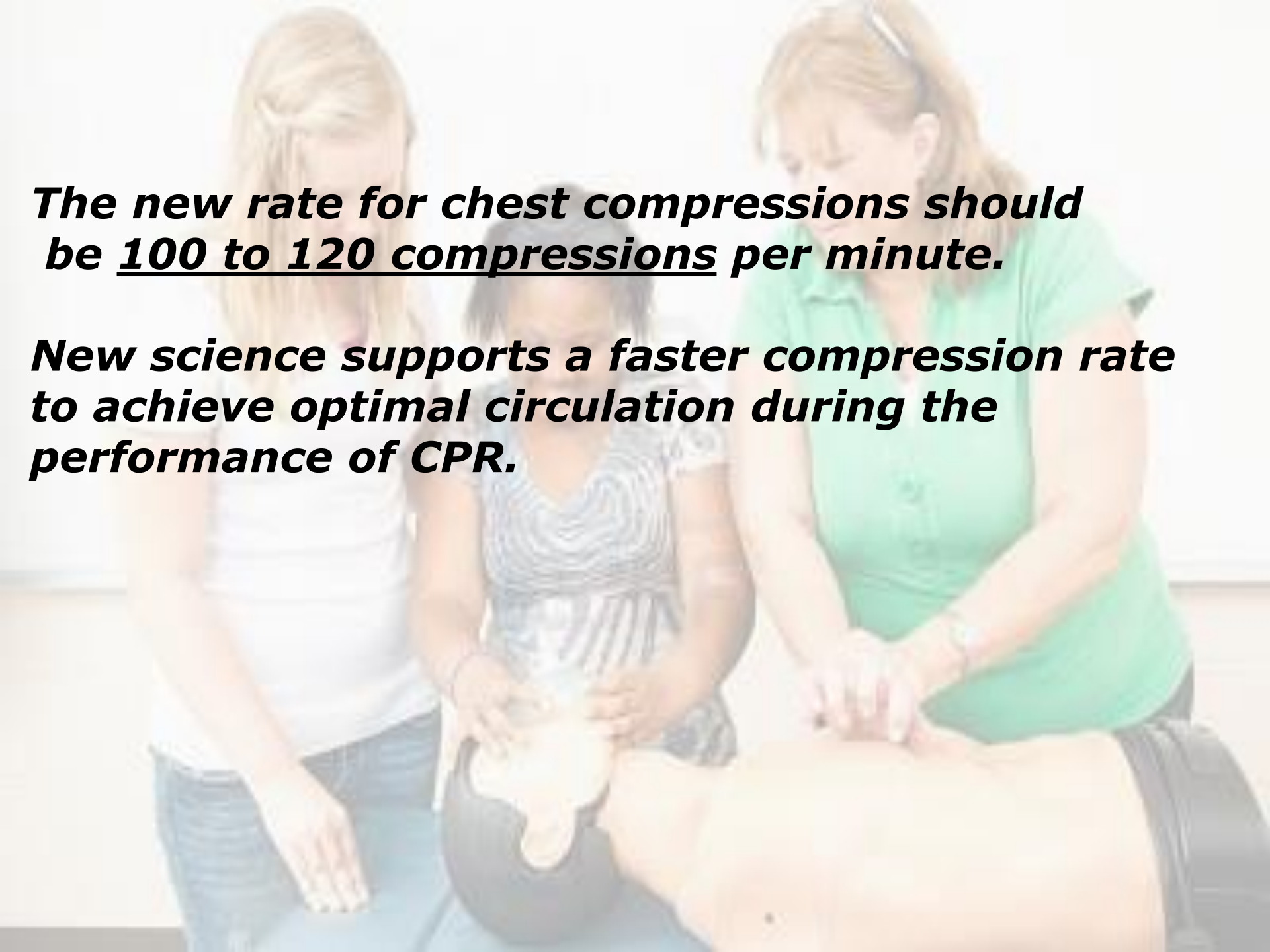
CHECK FOR SIGNS OF LIFE

Blood must circulate to deliver oxygen to the brain, heart, and other vital organs. If you can see normal breathing, coughing, or movement, the victim's heart is beating adequately to supply blood to the body, and chest compressions are unnecessary. If you are not confident that signs of circulation are present, then you should provide chest compressions and attach the AED as soon as it arrives.



The new rate for chest compressions should be 100 to 120 compressions per minute.

New science supports a faster compression rate to achieve optimal circulation during the performance of CPR.



The new ratio for chest compressions during CPR should be 30 compressions to 2 breaths.

New science Supports longer episodes of compressions to achieve optimal circulation during the performance of CPR.

A group of people, including students and a teacher, are gathered around a CPR training mannequin lying on a blue mat. One person is performing chest compressions on the mannequin's chest, while others observe. The scene is set in a classroom or training room with a light-colored floor.

Hand Only CPR

Heart Attack Signs & Symptoms For Men

- Discomfort or pain in other areas, such as one or both arms, the neck, jaw, back, or stomach.
- Shortness of breath, lightheadedness, nausea, or sweating.
- Abdominal discomfort that may feel like Extreme weakness, anxiety, or shortness of breath
- Rapid or irregular heartbeats
- Experiencing Heartburn.

Heart Attack Signs & Symptoms (For Women)

- Upper back pain
- Shoulder pain
- Jaw pain or pain spreading to the jaw
- Pressure in the center of the chest
- Some sweating Light-headedness or dizziness
- Unusual fatigue, like they just ran a marathon

OBSTRUCTED AIRWAY

OBSTRUCTED AIRWAY



Universal sign
for choking

Performing Abdominal Thrusts

The rescuer stands behind the person and encircles the person's abdomen with the arms. With one hand, the rescuer forms a fist and clasps the other hand around the fist. The rescuer places the hands halfway between the breastbone and navel and thrusts the hands inward and upward.



Place one fist just above the person's navel with your thumb against the abdomen



Cover your fist with your other hand and thrust up and in with sufficient force to lift the victim off his feet



**If Victim Becomes Unconscious
Go To Steps Of CPR, And After Each 30 Compressions
Open The Mouth And Check For The Obstruction
Do Not Place Fingers Into The Mouth Unless You
See The Obstruction**



Recovery Position



All forms of the recovery position share basic principles. The mouth is downward so that fluid can drain from the patient's airway; the chin is well up to keep the epiglottis opened. Arms and legs are locked to stabilize the position of the patient

ANY QUESTIONS OR COMMENTS?

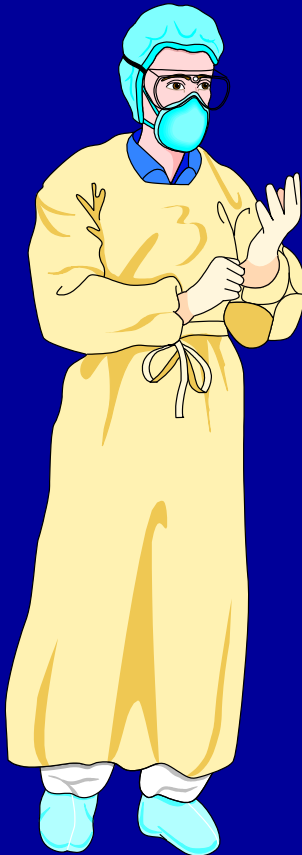
When citizens respond to an emergency and act as a reasonable and prudent person would under the same conditions, Good Samaritan immunity generally prevails.

This legal immunity protects you, as a rescuer, from being sued and found financially responsible for the victim's injury.

For example, a reasonable and prudent person would----

- Move a victim only if the victim's life was endangered.
- Ask a conscious victim for permission before giving care.
- Check the victim for life-threatening emergencies before providing further care.
- Summon professional help to the scene by calling the local emergency number or the operator.
- Continue to provide care until more highly trained personnel arrive.

Body Substance Isolation



- Whenever there is a potential to come in contact with bodily fluids, you need to take appropriate measures to guard against accidental contact. Most communicable diseases we deal with today are curable, however; HIV and some forms of Hepatitis are not.

Communicable Diseases

- Here are just a few of the communicable diseases you may be faced with when performing first aid

Hepatitis D: Spread through contaminated blood products or unprotected sex with an infected person.
from mother to infant soon or right after birth.