

PROJECT HEART START NMHI FOUNDATION



ADULT CPR, AED, SIGNS OF HEART ATTACK & Abdominal Thrusts

TRAINER REFERENCE GUIDE



STATISTICS

Sudden Cardiac Arrest effects over 350,000 Americans every year **outside of the hospital**

Cardiac Arrest is 1 of 2 medical emergencies where the **BYSTANDER** is the **first responder**

Immediate CPR is applied by a bystander **fewer** than half the time

Fewer than 10% survive, and **50%** suffering a Heart Attack die before reaching the hospital

In Casinos, **Hands- Only CPR** is applied immediately, and an **AED** is used within **4 minutes**

Chances of survival in Casinos is up to **90%**

This Course Teaches 4 Life Saving Skills in 1 Hour that can help you save a life.

COMMON CONCERNS

Can I break ribs with CPR?

CPR will not always break ribs, but it is possible. The reality is, without compressions they may be one of the 50% who don't make it to the hospital. Taking the chance to potentially see them alive with a broken rib is better than no attempt.

Can I be sued if I attempt CPR on a stranger?

No, Good Samaritan Laws protect individuals who attempt to use life saving measures on others, including CPR and the use of AEDs.

It is not a natural act to touch a stranger. Many people get held up on that. It is crucial that trainees learn to move past that because

Doing Nothing is Not an Option

It is more than likely you will be called on to save someone you know.

CPR

Ask class "What would you do if you saw someone collapse to the ground?"

1 Ensure Scene Is Safe

2 Shake and Shout

Tip: Have class practice shaking the persons shoulders and shouting.

3 **Call 911 and Get an AED**

Point and Tell "**You** call 911 and **You** get an AED"

4 Begin Hands Only CPR

- Move Patient to Hard and Flat Surface
- Interlock Fingers and Place Heel of Hand in the Center of Chest
- Lean over patient so shoulders are over the wrists, Lock Arms.
- Compress down hard to 2.5 inches deep and then Allow for Full Chest Recoil. Keep a pace of 100-120 Compressions Per Minute to the beat of "Don't Stop Believing" by Journey
- **Do Not Stop** Compression Until EMS Arrives

Have Class Do 1 Minute of CPR and Practice Switching Off With A Partner

AED

Have the person who was told to “get the AED” start the process, then another person will try. Explain that the AED will talk you through it all, so just listen to the voice prompts.

1

Turn on AED

2

Expose Patient's Chest

Remove Shirts and Bras. Jewelry and Chest Hair Are Fine Unless They Interfere with Attaching the Pads.

3

Attach Pads

If Possible, Continue Compressions While Pads Are Attached

4

Allow AED to Analyze

Do Not Touch Patient During Analysis

5

Shock if Advised

AED Will Tell User to Hit Shock Button

6

Continue CPR

Continue Until EMS Arrives

CPR Should Be Interrupted As Little As Possible

AEDs will Talk users Through All Steps.

Trainers:
The AED Will Give Directions and The Student Just Has to Follow Them

Have Class Practice a Full Scenario

CHOKING

1 Ask Patient "Are you choking?"
Someone Who Is Choking Will Not Be
Able to Cough Or Make Any Sound. Look
for The Universal Choking Sign

2 **Call 911 and Get an AED**

3 Place A Fist with The Thumb Side
Against the Middle of The Patient's
Abdomen, Just Above the Naval.
Cover the Fist with Your Other
Hand.

4 Give Quick Upward and Inward
Thrusts Until They Make Sound

PREGNANT WOMEN

Standard Abdominal Thrusts Can Harm a Fetus.
Instead Place Fist at The Center of The Patients
Breast Bone And Apply Quick Chest Thrusts.

**Have Class Practice the Heimlich
Using the Choking Vest**

**If they become unresponsive, make sure 911 is
called and start Hands-Only CPR**

SIGNS OF HEART ATTACK

- Burning
- Aching
- Squeezing
- Can Feel Like Indigestion
- Shortness of Breath
- Sweating

**Many People Ignore or Deny That They
May Be Having A Heart Attack.**

**Do Not Drive Yourself to The Hospital
Unless Absolutely Necessary**

**If Someone Experiences Sudden Onset
of Chest Discomfort or Shortness of
Breath That Lasts More Than 10
Minutes: **Call 911 and Take 2 Aspirin****

NOTES

