

CPR/AED Fast Facts

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An E-mail Promoting Awareness of Automated External Defibrillators

Information presented to complement an established AED Program

Signs of Sudden Cardiac Arrest:

- Unconscious
- Not Responding
- Not Breathing or Not Breathing Normally
- Agonal Breathing or Gasping is Not Normal Breathing
- Seizures/Convulsions may occur when patient collapses

Combat Sudden Cardiac Arrest with

- Early 911
- Early CPR
- Early Defibrillation
- Early Advanced Life Support

Early CPR (Cardio-Pulmonary Resuscitation)

Excerpts from 2010 American Heart Association Guidelines



- * Compressions, Airway, Breathing (CAB)
- * Initiate (30) chest compressions before giving rescue breaths
- * Hands Only (compressions only) for untrained lay rescuer
- * Hands Only for helping adults who suddenly collapsed



- * Chest compression depth for adult patients at least 2 inches
- * Push Hard and Fast (rate of 100 beats per minute)
- * Minimize interval between stopping compressions & delivering shocks. Resume CPR immediately after shock delivery

Responders should continue to perform CPR the way they were last taught in a CPR class. The release of the new Guidelines does not imply that treatment involving the use of earlier Guidelines is either unsafe or ineffective.

Other Reminders:

- * Determine the scene is safe
- * Check for Response – Tap & Shout
- * Phone 911 If Patient Does Not Respond
- * Use AED as soon as it arrives
- * Follow Prompts of AED

Rescuers should follow Universal Precautions to protect themselves from Bloodborne Pathogens.



HeartAED
Automated External Defibrillators
A Division of Aventric Technologies
1551 E. Lincoln Ave. Ste 166 Madison Heights, MI. 48071
800-228-3343 www.heartaed.com

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