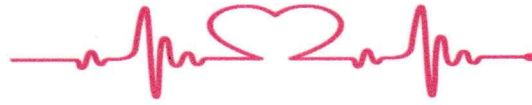




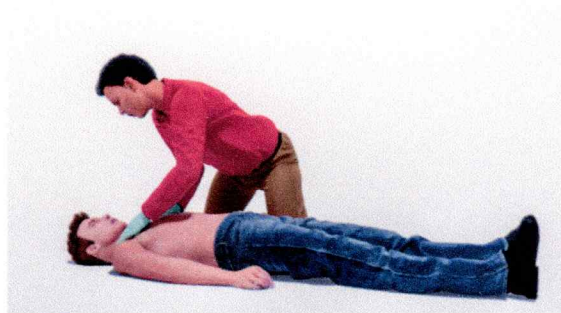
**American
Heart
Association®**

Elmbrook Rotary Adult CPR/AED Class



Heartsaver® Adult CPR AED Reminder Card

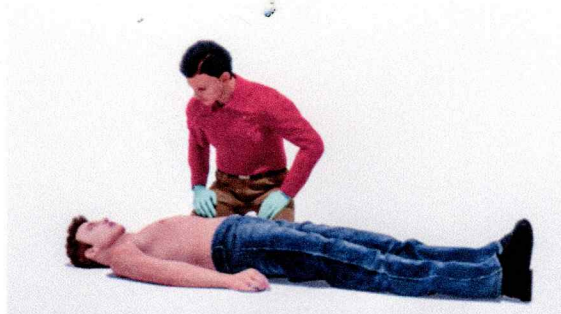
1. Tap and shout.



2. Shout for help. Phone or send someone to phone 9-1-1 and get an AED.



3. Look for no breathing or only gasping.



4. Push hard and fast in the center of the chest. Give 30 compressions.



- Push straight down at least 2 inches.
- Give 100 to 120 compressions per minute.
- Let the chest come back up to its normal position.
- Try not to interrupt compressions for more than 10 seconds.

5. Open the airway and give 2 breaths.



6. Repeat sets of 30 compressions and 2 breaths.



7. When the AED arrives, use it immediately. Turn it on and follow the prompts.



Phone 9-1-1

Phone 9-1-1 immediately if you suspect heart attack or stroke.

Recognize Heart Attack



Know the warning signs:

- Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that lasts more than a few minutes or that goes away and comes back
- Pain or discomfort in other areas of the upper body, such as one or both arms or the back, neck, jaw, shoulder, or stomach
- Shortness of breath with or without chest discomfort
- Cold sweat, nausea, or light-headedness

Symptoms may be slightly different in women, older adults, and people with diabetes.

Recognize Stroke

Use the F.A.S.T. method:

F.
FACE
DROOPING



A.
ARM
WEAKNESS



S.
SPEECH
DIFFICULTY



T.
TIME TO CALL
9-1-1



The nine steps below are a guide to performing CPR. Depending on the type of phone you have, you can take a picture of this guide and save it to a CPR folder or email it to yourself and place it in a CPR folder on your phone.

CPR GUIDE

- 1. Is the area safe?**
- 2. Tap and shout – are you okay?**
- 3. Shout for Help – “Call 911 and get an AED**
- 4. No breathing or gasping – Start CPR**
- 5. Center of Chest – Push Hard and Fast**
- 6. 100 compressions per minute – 2 inches deep**
- 7. 30 compressions/open airway/give 2 breaths**
- 8. When AED arrives, use it immediately**
- 9. Turn AED on and follow the voice prompts**

Top 7 Reasons That Highlight Importance of CPR

BY AMG

ON MARCH 20, 2020

CATEGORIES: CPR

The importance of CPR can scarcely be overstated. But cardiopulmonary resuscitation is only effective when significant portions of the population are able to administer it at a moment's notice. We can't simply rely on doctors, paramedics, and other emergency responders to master CPR techniques because, in most cases, it will be up to people like you to take action in an emergency while waiting for those professionals to arrive.

There are several good reasons why you should learn CPR, the most important of which is the fact that it may someday be you who saves a life.

1. CPR Can Save a Cardiac Arrest Victim's Life

CPR is designed to keep oxygenated blood flowing to the heart and brain when sudden cardiac arrest (SCA) occurs. Because the heart can't pump blood, tissue and organ death can occur in minutes without external assistance.

You may think it's unlikely that you'll ever be required to act in such an emergency. But cardiac arrest can occur at any time; in fact, it's the #1 killer worldwide. Most SCA incidences (69.5%) occur in the home. Another 18.8% occur in public.

As many as 475,000 Americans die from this condition in a single year, and the American Heart Association notes that SCA claims more lives worldwide than cancers, auto accidents, influenza, HIV, firearms, and house fires combined.

2. Cardiac Arrest Can Affect Anyone

You may assume that you don't know anyone who's at a high risk for SCA. While it's true that certain risk factors do exist (such as age, gender, and heart disease), the real issue is a lot more complicated.

For instance, while we tend to think of older adults as being the most vulnerable, SCA can occur at any age. More than 7,000 children and infants every year fall victim to this condition, and their odds of survival depend on the quickness with which they receive assistance. Additionally, cardiac arrest often impacts people with no previously diagnosed heart conditions. That's why it's so important to be prepared to take action.

3. Most Cardiac Arrest Victims Don't Survive

The mortality rate among out-of-hospital cardiac arrest victims is about 90%. Considering that the vast majority of these events—about 350,000 per year—occur outside the hospital, this is devastating news.

In-hospital cardiac arrests have a much better prognosis because patients are treated swiftly before organ damage occurs. If a majority of Americans were trained in CPR procedures and capable of responding to out-of-hospital emergencies, far more sufferers would survive long enough to receive the professional care they need. In fact...

4. CPR Can Quadruple a Person's Odds of Surviving SCA

CPR saves lives. It keeps blood flowing to vital organs while you await the arrival of emergency services. **One meta-analysis of 79 studies** found that bystander CPR increases a victim's odds of survival by four times. The standard survival rate for out-of-hospital SCA is only about 10%, but the survival rate among sufferers receiving bystander CPR is nearly 45%.

So the problem isn't that cardiac arrest victims can't be saved. The issue is that less than 5% of the American public is trained in CPR. In most cases, sufferers are left waiting for emergency services. And the longer those services take to arrive, the worse the prognosis. That's why we constantly stress the importance of CPR.

5. Every Minute Matters in a Cardiac Emergency

When you're an untrained or minimally trained bystander, it's easy to assume that you're better off stepping aside and letting the professionals work their magic. This is a critical mistake. For every minute that a cardiac arrest victim goes without CPR, **their chance of death increases by 10%.**

Now consider that emergency professionals take an average of four to 10 minutes to respond to an emergency. Assuming you're lucky enough to get professional support in just four minutes, the victim's prognosis has still dropped by 40%. And if it takes 10 minutes for help to arrive, it may be too late. CPR buys you much-needed time during those critical minutes, maximizing the victim's chances of survival.

6. CPR Makes AEDs More Effective

If you're lucky, you'll have access to an automated external defibrillator (AED) during a cardiac emergency. These lifesaving defibrillation devices are often stored in public places like hotels, gyms, churches, and offices, and they're often successful in reviving cardiac arrest sufferers. But even if you have one of these devices on hand, it's still important to understand CPR best practices.

CPR improves the effectiveness of defibrillation, and the combination of these two practices can **improve survival rates by an additional 9%.** While the AED works to restore a normal

heart rhythm, the CPR works as a stopgap to keep the blood flowing and the organs nourished. You don't want to lose precious minutes of blood flow while retrieving the AED, nor do you want to stop that momentum while waiting for emergency services in the event that defibrillation doesn't revive the patient.

7. Learn CPR Because May Save Someone You Love

Importance of learning CPR isn't about memorizing beats per minute or discerning what a 2-inch chest compression feels like. It's about investing in a simple but critical education that may someday benefit someone you love. In the event that a loved one falls victim to a cardiac event, you don't want to be a helpless bystander. You have the power to be their lifeline.

To get started, check out our complete guide for [how to perform CPR](#). We also recommend that you [buy an AED](#) if you or a loved one is at an elevated risk of cardiac arrest or if you oversee a business or public setting.

Don't underestimate the importance of CPR. Learning it is easy and takes little time, but it can make all the difference in the world.