

AED/CPR Information – AMERICAN HEART ASSOCIATION

The purpose of this information is to keep the STO-ROX community informed and updated on Cardiopulmonary Resuscitation and using an AED. While it is our greatest hope that we will never have to use these procedures and equipment, we must also live by the credo "always be prepared". If you can save a person's life, then the time and resources spent on this project are worth it.

AED Building Locations

Every building in the district has at least one AED, throughout each building to identify specific locations. Be sure to make notice of these AED CABINETS located in the main hallway so that you are "prepared!"

The Chain of Survival

- EARLY Access
- EARLY CPR
- EARLY Defibrillation
- EARLY Advanced Care

Remember, it takes only one person to start the chain and increase the person's chance of survival.
You can be that person to make a difference.

CPR	Adult and Older Child	Child (1-8 years old)	Infant (less than 1 year old)
Victim is unresponsive	Phone 911	Two minutes of CPR, then phone 911	Two minutes of CPR, then phone 911
Open the airway using the head tilt chin lift	Open the airway using head tilt chin lift	Open the airway using head tilt chin lift	Open the airway using head tilt chin lift
Check for breathing - look, listen, and feel for 5-10 seconds	Check for breathing - look, listen, and feel for 5-10 seconds	Check for breathing - look, listen, and feel for 5-10 seconds	Check for breathing - look, listen, and feel for 5-10 seconds
If no circulation, provide chest compressions	Find the center of the chest (using the nipple line). Place the heel of one hand on the sternum with the other hand on top; provide compressions at least 1.5 to 2 inches deep.	Find the center of the chest (using the nipple line). Use 1 or 2 hands provide compressions 1/3 to 1/2 inch deep.	Place index finger on sternum at nipple line. Using next two fingers provide compressions 1/3 to 1/2 inch deep.
Compression Rate (timed for one minute if only doing compressions)	100	100	100
Compression / Ventilation rate	30:2	30:2	30:2
To Relieve Choking	Abdominal Thrusts (Heimlich Maneuver)	Abdominal Thrusts (Heimlich Maneuver)	Back slaps and chest thrusts

Performing Adult CPR with an Automatic External Defibrillator (AED) Determine unresponsiveness. If unresponsive:

- If you are alone, phone 911, get the AED, and return to the victim.
- If you are not alone, scream for help, direct someone to call 911, and direct another to get the AED.
- **Defibrillate** - When the AED is brought to the site, power on the AED. Attach the AED pads to the victim's bare chest. Follow the electrode diagram for placement location. Follow AED instructions. "Clear" the victim while the AED checks the rhythm. If there is a shockable rhythm, "clear" the victim and push the shock button if the AED tells you to. Be certain to do a visual inspection around the victim to make certain all bystanders are clear before pressing the shock button.