



Key Messaging for Bystander CPR

1. Recognize there is a problem

- Victims of sudden cardiac arrest will not respond if you call their name or if you shake them
- Victims may *not be breathing* or may have an *abnormal breathing* pattern (like snoring or like a fish out of water).
- Often victims collapse suddenly and without warning or may appear to have seizure-like activity.
- ** If they are not answering their name and not breathing *normally*, then start CPR.
- Twitching or gasping does not count as responsive or breathing
- Approximately 70% of all cardiac events occur in the home

2. Call 911

- Early activation of 911 is urgent and saves lives
- If you *think* you may need 911, YOU SHOULD CALL!
- Dispatchers that answer the 911 call will coach you on how to do CPR
- The Good Samaritan Law prevents someone who voluntarily helps another person who is injured from being sued or legally prosecuted from wrongdoing. You will be saving someone's life!
- A victim of cardiac arrest has a better chance of surviving if 911 responders stay on the scene to provide advanced resuscitation care. It is NOT better for the victim to move them right away.
- Do not interfere with the life saving work of 911 responders

3. Bystander CPR: Compress the chest

- We **no longer** give rescue breaths (mouth-to-mouth) for adults nor check for a pulse
- Push hard and fast in the center of the chest on the breast bone (sternum) between the nipples
- Push at a rate of 100 times per minute
- It is the same beat as the Bee Gees song “Stayin’ Alive”
- (For extra credit): have student find other songs that are 100 beats per minute
- Compress at least 2 inches. This is hard to measure so try to compress the chest in half.
- Allow your hands to come completely off the chest in between compressions so the heart can completely refill.
- You cannot seriously hurt someone doing CPR. The worst that will happen is a broken rib but they will still be alive!
- Even if the victim has a slower heart rate, doing CPR will not disrupt their natural heart rhythm. (When in doubt, DO CPR!)
- Do not stop doing compressions until 911 providers arrive. If you get tired, have someone else take over for you. You can coach them on how to do it.
- When the 911 providers arrive TELL them that you have been doing CPR!
- (For extra credit): teach 5 friends and/or family members to do Bystander CPR.

Automatic External Defibrillator (AED)

- This is a device or machine that interprets the underlying heart rhythm and delivers a shock (if indicated) to re-circuit the natural electrical activity of the heart.
- It is commonly found in public buildings and is housed in a white or red box labeled with a red heart with a lightning bolt
- The device will not deliver a shock if it senses that it will not help the victim
- Where are the AEDs in your school?
- (For extra credit): Make an AED map for AEDs found in your community

Barriers to performing CPR

What if I hurt them?

No life-threatening or serious injury will happen when you do CPR on a dying victim. BYSTANDER CPR can double or triple survival!

What if I perform CPR incorrectly?

As long as you push hard and fast in the center of the chest, you will double or triple a cardiac arrest victim's chance of survival

What if the police come with the fire department?

Some communities dispatch police for a 911 medical call so there will be additional hands to help. In many cases, all 911 providers will be directing their attention and care to the victim. It is always better to call 911 so you can save their life.

Do I have to be a medical professional to use the Automatic External Defibrillator (AED)?

NO! AEDs are intended for the public to use. Some older boxes show old signage that still reads, "for health care professionals only". However, AEDs are designed for anyone to use and you don't even have to know how to read or be fluent in English. Just turn it on and it will tell you what to do!

Can I get shocked from an AED?

No. In order for a shock to be delivered, you need to have both pads touching your skin. However, if you are touching the victim while the AED is analyzing their rhythm, the AED may pick up *your* cardiac rhythm. You should not touch a victim of cardiac arrest during the "analyzing" phase of the AED, so as not to interfere with interpretation of the underlying cardiac rhythm.

How much time should I wait after the shock to resume CPR?

Immediately after the shock, continue doing CPR. The shock delivered by the AED may have returned the heart to normal electrical activity but it may take a couple of minutes for the muscles of the heart to respond. That is why you must immediately do CPR for another 2 minutes. At this time the AED will re-analyze the heart rhythm and tell you to stop or continue CPR.