

# 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.*

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### 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**  
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