

Safety Precautions in CPR Courses

The Course for which you are enrolled may include physical strain, possibility of cross-infection, and emotional stress. If your physician has recommended that you avoid strenuous activity or limit your activity in any way, you need to realize that CPR is hard work! This is true both when you practice on a manikin and when you perform CPR on a Cardiac Arrest Victim

If you have a medical or coronary history that may be aggravated by this course, consult your physician about your ability to participate in such a course.

If you have reservations about being able to perform CPR on a cardiac arrest victim, you should consider this before beginning this course.

If you have any type of infectious disease, including upper respiratory infection or open sores on your hands, mouth, or face, it is imperative to defer manikin practice until you are well, unless special arrangements are made.

Good Samaritan Act (FS 768.13)

“Any person, including those licensed to practice medicine, who gratuitously and in good faith renders emergency care or treatment at the scene of an emergency outside a hospital, doctor’s office, or other place having proper medical equipment, without objection of the injured victim or victims thereof, shall not be held liable for any civil damages as a result of any act or failure to act in providing or arranging further medical treatment where the person acts as an ordinary, reasonable prudent man would have acted under the same or similar circumstances.”

BLS/HeartSaver AED Summary			
CPR	Adult: >8 years	Child 1 to 8 years	Infant Under 1 year
Check for response	Tap and shout		Tap the infant's foot and shout
Emergency Response number or 911	Phone your emergency response number (or 911) as soon as you find that the victim does not respond	Phone your emergency response number (or 911) after giving 5 sets of 30 compressions and 2 breaths	
Open the airway	Head tilt-chin lift		Head tilt chin lift (do not tilt head to far)
Check Breathing	Open the airway, look, listen and feel (take at least 5 seconds but no more than 10 seconds)		
First 2 breaths	2 Breaths (1 sec/breath)		
Start CPR	Give sets of chest 30 compressions and 2 breaths		
Compression Location	Center on chest between nipples		Just below the nipple line
Compression Method	2 hands	1 or 2 hands	2 fingers
Compression Depth	1 1/2 to 2 inches	1/3 to 1/2 depth of chest	
Compression Rate	100 a minute		
Set of compression and breaths	30 compressions to 2 ventilations		
To Relieve choking (conscious victim)	Abdominal Thrusts		Back slaps and Chest Thrusts no Abdominal Thrusts
To Relieve choking (unconscious victim)	Start CPR		
AED Turn the power on (or open he case)	Use AED as soon as it arrives	Use AED after 5 sets of 30 compressions and 2 breaths	
Attach pads to the victim's bare chest	Use adults pads	Use child pads/key/switch or adults pads	
Allow the AED to check the hearth rhythm	Clear and analyze		
Push the SHOCK button if prompted by the AED	Clear and shock		
Time from arrival of AED to first shock	Less than 90 seconds		