

Lay Rescuer CPR/AED & Choking

Wallet Skill Card



ProTrainings

www.profirstaid.com

START CPR

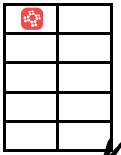
Give 30 chest compressions and 2 breaths at a rate of at least 100-120 compressions per minute. Continue cycles of 30 compressions to 2 breaths until AED arrives, EMS personnel take over, patient shows signs of life, or you are too exhausted to continue.

Hand placement for compressions:

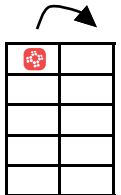


- Adult**— Place heel of hand of dominant hand on center of chest. The second hand should be placed on top.
- Child**— Place heel of one hand in the center of the chest between the nipples. Use the second hand if necessary.
- Infant**— Place 2 fingers on the center of the chest just below the nipples.

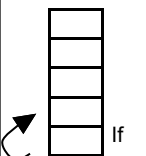
Directions:
Cut around outside black lines.



Fold on center line with printing on the outside.



Place paper on table with logo facing down. Begin folding each panel up at the black lines one inside the other.



If folds were done correctly you should end up with a card that has the logo on front and the Five Fears panel on the back.

For a longer lasting card,



cover with clear mailing tape or laminate.

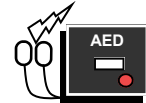
The Five Fears: Don't let fear stop you from rescuing

- Fear of Disease:** Whenever the possibility of coming in contact with bodily fluids exists, wear personal protective equipment for every patient, every time. This will protect you.
- Fear of Lawsuits:** Good Samaritan laws protect people from legal action who act in good faith to provide reasonable First Aid care.
- Fear of Uncertainty:** CPR is simple; remember to push hard and push fast. Numbers aren't the most important part.
- Fear of Hurting a Patient:** Patients who are clinically dead can only be helped, not made worse with resuscitation efforts.
- Fear of Unsafe Scene:** Never enter an unsafe scene!



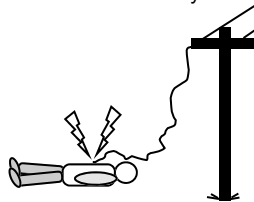
AED

- Turn the machine on first.**
- Bare the chest. Dry it off if it is wet. If excessive hair, shave it off.
- Place one pad on upper patient's-right chest. Place other pad on lower patient's-left ribs.
- Follow the directions the AED gives.
- Do not move patient or AED during analysis or shocks.
- Shout, "Stand Clear" before pushing the shock button.
- Begin CPR immediately after shock unless signs of life are obvious.
- The normal sequence is 1 shock, 2 minutes of CPR, 1 shock, 2 minutes of CPR, etc...



Check the Scene

Is it safe? What happened? How many patients? Do I need EMS? Is personal protective equipment available and ready to use?



Conscious Choking

- Ask, "Are you choking? If unable to breathe or speak activate EMS"
- Adult and Child:**
 - Place thumb side of fist just above the navel.
 - Give forceful, upward thrusts into the abdomen until the object comes out or the patient becomes unconscious
- Infant:**
 - Administer 5 back blows and 5 chest thrusts until the object comes out or the patient becomes unconscious.



Special Circumstances:
If the patient is pregnant or too large to reach around, place thumb side of fist in center of chest and give chest thrusts.

Check the patient if it is safe to help



- Tap and shout. Is there any response?
- Is person breathing normally?
- If no response, and not breathing normally activate EMS.

Unconscious Choking

- If patient becomes unconscious, lower safely to the ground.
- Give 30 chest compressions
- Check the mouth for a foreign body. If something is seen sweep it out with a finger.
- Attempt rescue breaths. If breaths do not make the chest rise, reposition head and reattempt breaths. Repeat cycles of compressions, foreign body check, and breathing attempts until breaths make the chest rise.
- After breaths make the chest rise, continue CPR until help arrives.



Activate EMS

Call 911

- Send someone to call with patient's location, what happened, how many are injured, what's being done. Caller returns to provide help as needed.

If alone —

- PHONE FIRST**— for adults. Get the AED if available. Return to start CPR and use AED.
- CARE FIRST**— for infants and children and all patients of hypoxic (asphyxial) arrest (drowning, etc...). Provide 5 cycles (2 minutes) of CPR before activating EMS.



Bleeding Control

- Use direct pressure on the wound using an absorbent pad or gauze. Add more gauze or padding if necessary.
- Make a pressure bandage by wrapping a roller gauze or elastic bandage around the wound to maintain bleeding control.
- If severe bleeding is not controlled, consider using a tourniquet.
- Activate EMS if severe bleeding is present,

