CPR/First Aid
Cost of CPR

- If you want to be CPR certified by the American Heart Association the cost is $19.
- You will be certified for two years in Adult CPR, Child CPR, Infant CPR, First Aid, and AED
- You will have to pay before being certified
- Testing will be during flex. You must ask permission and have a note from me to come during flex on Mondays and Wednesdays throughout the year.
Recognizing an Emergency

1\textsuperscript{st} Check the scene for safety
- Look for hazards such as fire, traffic, downed fire lines.

2\textsuperscript{nd} Follow the Three C’s of Emergency Care
- Check - the Victim
- Call - 911
- Care - Get the person’s permission
Universal Precautions

• **Good Samaritan Law**
  - If the victim cannot speak to give permission, don’t hesitate to provide care.

• Wear Sterile Gloves when someone’s blood or body fluid is present.

• Wash Hands immediately

• Use a mouth piece when available.
Adult & Child CPR

• Check the scene and for response
  • Tap on shoulder and Shout “Are you Okay??”
  • Ask for permission

• Call- 911

• Open the airway
  • Head tilt, Chin lift. Keep hand on forehead and under chin.

• Check Breathing
  • LOOK AT THE CHEST to see chest rise. Hands are still on forehead and chin

• Start CPR
Adult & Child CPR

• Compression Location
  • Center of Chest Between Nipples

• Compression Method- 2 Hands interlocked

• Compression Depth
  • One and ½ inches to two inches.

• Compression Rate
  • 100 per minute (Beat to “Staying Alive” or “Another One Bites the Dust”)

• Sets of Compressions- 30 for every 2 breaths.

• 2 Breaths
  • 1 second each covering the entire mouth and pinching the nose.
Infant CPR

- Check the scene and for response
  - Tap on FOOT and Shout “Are you Okay??”
  - Ask for permission from parent or guardian.
- Call- 911
- Open the airway
  - Head tilt, Chin lift. Keep hand on forehead and under chin.
- Check Breathing
  - LOOK AT THE CHEST to see chest rise. Hands are still on forehead and chin
- Start CPR
Infant CPR

- **2 Breaths**
  - 1 second each covering the entire mouth and nose

- **Compression Location**
  - Just below the nipple line

- **Compression Method** - 2 Fingers

- **Compression Depth**
  - $\frac{1}{2}$ to one inch

- **Compression Rate**
  - 100 per minute (Beat to “Staying Alive” or “Another One Bites the Dust”)

- **Sets of Compressions** - 30 for every 2 breaths.