Adults & Teens

CPR

Cardio **P**ulmonary **R**esuscitation

Heart	Lungs	Come back to life
(Blood)	(Oxygen)	(Revive)

When you perform CPR on someone unresponsive and not breathing, you are compressing the heart to allow oxygenated blood to go to vital organs, specifically the brain. Keep in mind that CPR DOES NOT RE-START THE HEART. CPR mimics the beats of the heart to continue the blood flood. The electrical shock from a medical AED, hospital equipment, and the will of The Most High God are the only things that can restart the heart. CPR is performed to minimize damage to the person's brain as damage begins at 4 minutes of oxygen deprivation. **It is important to act fast.**

Steps to perform CPR:

- Verify that the area where the unconscious person is located is safe to approach. (Look for glass, animals, passing vehicles, etc.)
- Call out the victim: "HEY, ARE YOU OK?" Make sure you are loud enough. If there is no immediate response, repeat the question while gently topping, rubbing, or touching the victim's shoulder to generate a response.
- If there is no response, check for breathing signs: Observe the chest rising for about 10 seconds, bring your cheek to their nose, or feel for a pulse.
- **The person is unresponsive and not breathing.**
- If you have a cellphone, call 911, put the phone on speaker, and start CPR. If in a public area with more people, instruct clearly and directly a bystander to call 911, and someone else, if applicable, to bring you an AED and begin CPR.

To begin CPR:

Open your dominant hand and place your other hand on top interlocking your fingers; place the back of your dominant hand on the center of the person's chest and begin compressions by pressing downward and upward, keeping your arms straight and using your body to create the up and down motion; make sure the compressions are 2" deep and 120 per minute or two every second to ensure proper blood flood.

If possible, switch with another person every 2 minutes to avoid fatigue, and use the AED if you have one (The AED will instruct you what to do). Continue until medical help arrives.

Note: Avoid leaning on the patient. Make sure the patient is lying on a hard surface before beginning CPR.

LIVEWORKSHEETS

Name: **Date:**

Activity

1. **DYI CPR Manikin**

Needed:

A roll of toilet tissue

A t-shirt

A bath towel

Instructions:

Fold the towel in half and then fold into the other half, pull the T-shirt through the toilet tissue tube, fold the t-shirt over the toilet tissue and place it on the towel, and fold the rest of the towel on top, covering the toilet tissue.

Practice CPR on your own, Manikin!

2- Next time you go out, look for the AED locations in a public area (Supermarket, restaurant, Library, dentist's office, movie theater, etc.)

LIVEWORKSHEETS