

HOMESTEAD PHYSICAL EDUCATION CPR / AED / FIRST AID REVIEW SHEET

Before providing care:

2 things may limit your motivation to get involved.

1. Liability – you are protected under the Good Samaritan Law – as long as you act in a reasonable manner within the scope of your training. *Remember to get consent from a conscious adult before you aid them.
2. Disease transmission – wear protective gloves and use a breathing barrier.

Checking an ill or injured person – Check – Call – Care

For ages 12 or older (adult)

1. Check scene, Check person
2. Tap shoulder and shout “Are you OK?”
3. No response – call 911 (call for AED)
4. Open airway, Check for signs of life for no more than 10 sec.
5. If no breathing give 2 rescue breaths
6. If breaths go in – start compressions (30 then 2 breaths....) check on AED
7. If victim is breathing, place in recovery position and monitor ABC’s
A = airway B = breathing C = circulation

When to call 911

If the patient is:

1. Unconscious
2. Not breathing or having trouble breathing
3. Choking
4. Has persistent chest pain
5. Shows no signs of life
6. Has severe bleeding
7. Has severe burns
8. In shock
9. Has seizures

How to help a conscious choking adult

Cannot cough, speak or breath

1. Check scene and check the person
2. Call 911
3. Obtain consent
4. Lean the person forward and give 5 back blows with the heel of your hand
5. Give 5 quick, upward abdominal thrusts
6. Continue back blows and abdominal thrusts until the object is forced out, person can breathe or cough forcefully or person becomes unconscious.