



# Welcome to Heartsaver CPR

We are excited that you are taking a class with us and learning the life-saving skills of CPR! Heartsaver CPR is designed for those with no medical training and is a great class for almost anyone, grandparents, teachers, coaches, foster parents, and baby-sitters. This course may be a stand-alone course or may include a variety of learning modules, therefore the agenda will vary accordingly.

- Tests are now open book, so that's a great reason to have the current edition book with you on the day of class. You can download a copy to your phone, kindle or tablet at <https://ebooks.heart.org> or purchase/rent from online retailers, book stores, libraries or borrow from a friend. Many employers have reference libraries and are happy to loan to their staff.
- Bring a photo ID and wear loose comfortable clothing as you will have to work in a kneeling position to demonstrate CPR. If you have any physical limitations, please let us know before class so that we can make arrangements to accommodate your needs if possible.
- We suggest you print this welcome packet as it contains your agenda.

It is our intention that your class will be fun and relaxed, but we also want you to have the confidence you need in an emergency! Leave your jitters at home, we will practice and learn together.

## Adult CPR/AED Agenda

- Life is Why
- Scene Safety
- Adult CPR: Compressions/ Breaths/ AED
- Summary and Skills Test for Adult
- Naloxone
- Adult Choking

## First Aid Agenda

- First Aid Video Segments for Common Emergencies
- PPE, removing gloves
- Finding the Problem
- Using an Epi Pen
- Controlling Bleeding and Bandaging
- Asthma Inhaler Education

## Child CPR/AED Agenda

- Child CPR: Compressions/ Breaths/ AED
- Summary and Skills Test for Child
- Child Choking
- Infant CPR: Compressions/ Breaths. AED
- Summary and Skills Test for Infant
- Choking Infant

- The written exam will only include the segments you or your employer requested and practiced. Test are open book and given 1 minute per question time limit. 84% is required to pass. Please let us know if English is difficult for you or you have any special circumstances. No stress, we will make sure you are ready!

## Checking the Person

<b>What You See</b>	<b>What You Do</b>
Person is unresponsive	<ul style="list-style-type: none"><li>• Phone your emergency response number (or 9-1-1), and get the first aid kit and AED.</li><li>• Check for breathing. If the person is not breathing normally or is only gasping, begin CPR and use an AED.</li><li>• If the person is breathing normally, stay with him until advanced help arrives. Check for injuries and medical information jewelry.</li></ul>
Person is responsive	<ul style="list-style-type: none"><li>• Ask what the problem is.</li></ul>



## My Emergency Response Number

911

## Adult CPR and AED

### What You Do

- Tap and shout.
- Shout for help. Phone your emergency response number (or 9-1-1) and get an AED.
- Check breathing.
- Give 30 compressions at a rate of 100 to 120 per minute and a depth of at least 2 inches. Let the chest come back up to its normal position.
- Give 2 breaths.
- Continue giving sets of 30 compressions and 2 breaths until someone with more advanced training arrives and takes over.
- Once the AED arrives, turn it on and follow the prompts.



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If you don't know conventional CPR, provide Hands-Only CPR.

## Choking

<b>What You See</b>	<b>What You Do</b>
<ul style="list-style-type: none"><li>• Person cannot breathe or</li><li>• Person has a cough that has no sound or</li><li>• Person cannot talk or make a sound or</li><li>• Person makes the choking sign</li></ul>	<ul style="list-style-type: none"><li>• Give abdominal thrusts until<ul style="list-style-type: none"><li>– The object is forced out and the person can breathe, cough, or talk</li><li>– The person stops responding</li></ul></li><li>• If the person becomes unresponsive, provide CPR.</li></ul>
<ul style="list-style-type: none"><li>• Person can make sounds and cough loudly</li></ul>	<ul style="list-style-type: none"><li>• Allow the person to cough.</li><li>• Watch the person.</li></ul>



# Stroke

<b>What You See</b>	<b>What You Do</b>
<ul style="list-style-type: none"><li>• Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body</li><li>• Sudden confusion, trouble speaking or understanding</li><li>• Sudden trouble seeing in one or both eyes</li><li>• Sudden trouble walking, dizziness, loss of balance or coordination</li><li>• Sudden, severe headache with no known cause</li></ul>	<ul style="list-style-type: none"><li>• Phone your emergency response number (or 9-1-1).</li><li>• Note the time the signs of stroke first appeared.</li></ul>



## Severe Allergic Reaction

<b>What You See</b>	<b>What You Do</b>
<ul style="list-style-type: none"><li>• Trouble breathing</li><li>• Swelling of the tongue and face</li><li>• Signs of shock</li></ul>	<ul style="list-style-type: none"><li>• Phone your emergency response number (or 9-1-1).</li><li>• Help get and use an epinephrine pen.</li></ul>



## Heart Attack

<b>What You See</b>	<b>What You Do</b>
<ul style="list-style-type: none"><li>• Chest discomfort (uncomfortable chest pressure, squeezing, fullness, or pain)</li><li>• Discomfort in other areas of the upper body</li><li>• Shortness of breath</li><li>• Sweating, nausea, or light-headedness</li></ul>	<ul style="list-style-type: none"><li>• Have the person sit quietly.</li><li>• Phone your emergency response number (or 9-1-1).</li><li>• Get an AED.</li><li>• Give 1 adult or 2 low-dose aspirins,</li></ul>

## Seizures

<b>What You See</b>	<b>What You Do</b>
<ul style="list-style-type: none"><li>• Loss of muscle control</li><li>• Falling to the ground</li><li>• Jerking movements of arms, legs, and other parts of the body</li><li>• No response</li></ul>	<ul style="list-style-type: none"><li>• Protect the person from injury.<ul style="list-style-type: none"><li>– Move furniture and other objects out of the way.</li><li>– Place a pad or towel under the head if it's easy to do so.</li></ul></li><li>• Phone your emergency response number (or 9-1-1) and get a first aid kit.</li><li>• If the person becomes unresponsive and is not breathing normally or is only gasping, provide CPR.</li></ul>

## Shock

Suspect bleeding inside the body if there are signs of shock.

<b>What You See</b>	<b>What You Do</b>
<p>A person in shock may</p> <ul style="list-style-type: none"><li>• Feel weak, faint, or dizzy</li><li>• Have pale or grayish skin</li><li>• Act restless, agitated, or confused</li><li>• Be cold and clammy to the touch</li></ul>	<ul style="list-style-type: none"><li>• Phone your emergency response number (or 9-1-1) and get a first aid kit.</li><li>• Stop bleeding you can see.</li><li>• Cover the person with a blanket.</li><li>• If the person becomes unresponsive and is not breathing normally or is only gasping, provide CPR.</li></ul>



## External Bleeding and Tourniquets

### What You Do

- Apply a dressing and put pressure on it.
- If bleeding continues, add more dressings and press harder.
- Use a tourniquet if needed. Place it 2 inches above the injury if possible. Tighten it and note what time you put it on.
- Check for signs of shock.
- Phone or send someone to phone your emergency response number (or 9-1-1) if
  - There is a lot of bleeding
  - You cannot stop the bleeding
  - You see signs of shock
  - The injury is from a fall and you suspect a head, neck, or spine injury
  - You are not sure what to do

