

CPR, AED and First Aid Training

Faye Zepeda - Zepeda Learning and Leadership
 Call or Text 503-949-5439, faye@zepedalearning.org

CPR it's as simple as Call a CAB at 2:30

Is there a problem	Assess	Solve Problem
C- circulation	Look inside lower lip if blue , pale skin and blue lips. No circulation	Begin compressions Push Hard and Fast.
A- airway	Open air way, (head, tilt chin lift) Infant place hand under shoulder blades. Infant should be looking up.	
B- breathing	If no signs of breathing	Give 2 normal breaths (just enough for upper chest to rise)

Unresponsive adult call 911 (if no one else is there you should call and get AED)

Unresponsive child or infant, shout for help, send that person to call 911. You continue assessment. If no one has called 911 you should call after one minute (5 cycles) of CPR.

Age	Compression/Breath Ratio	Compression Rate	Recheck after	*Rescue Breathing
Adult (8+ years)	30:2	100 -120 a minute		1 breath every 5 - 6 seconds
Child (1 to 8 years)	30:2	100 -120 a minute	5 cycles	1 breath every 5 - 6 seconds
Infant (0 – 1 year)	30:2	100 -120 a minute	5 cycles	1 breath every 5 - 6 seconds

Adults use two hands for compressions at the nipple line. With arms straight.

Child (1 to 8 years) use one hand for compressions at the nipple line.

Infants - Three fingers (index, middle & ring finger), index finger at the nipple line.

***Rescue Breathing** Pink Lip – open air way – If no signs of breathing, breath for them.

Recovery position – place the person on their left side.

Remember the Plan

Call a CAB at 2:30

Find additional handouts at www.zepedalearning.org

SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.

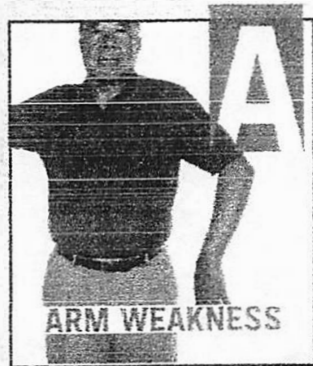


Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.

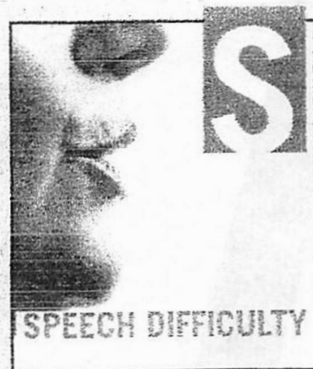
Beyond F.A.S.T. – Other Symptoms you should know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Speech Difficulty

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?



Time to call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



Together to End Stroke™

StrokeAssociation.org/warningsigns



American
Heart
Association®

life is why™

Common Heart Attack Warning Signs



Pain or discomfort
in chest



Lightheadedness,
nausea, or vomiting



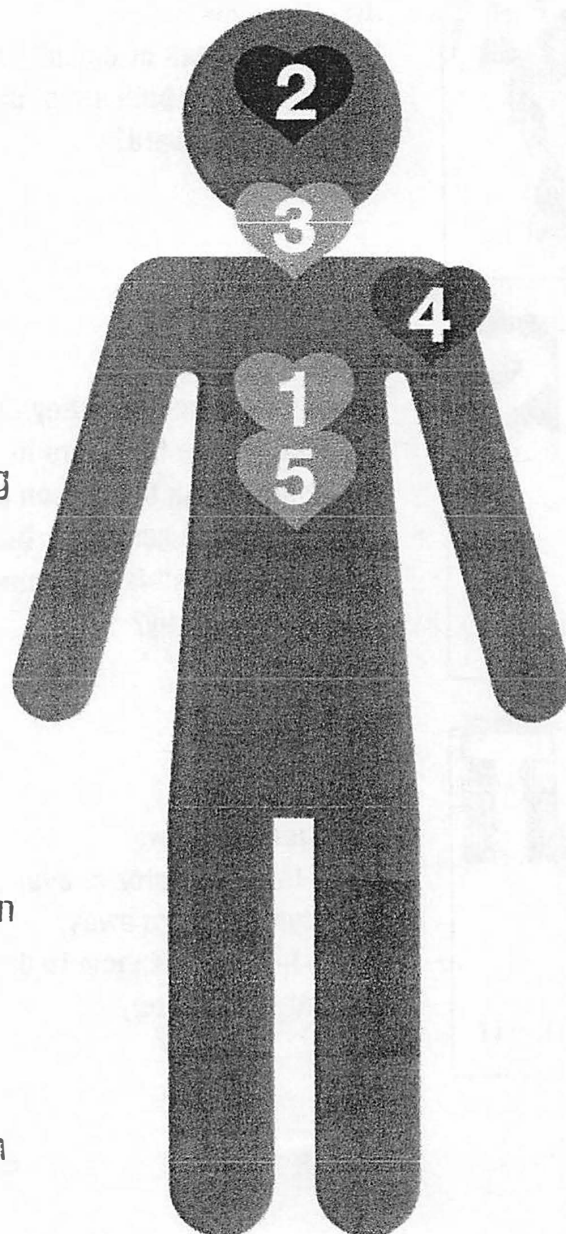
Jaw, neck or
back pain



Discomfort or pain in
arm or shoulder



Shortness of breath



AED SAFETY PRECAUTIONS

While the AED is a very safe and nearly failure proof life-saving device, we can insure everyone's safety by doing the following during a save attempt.

1. Always assess the scene before getting involved.
2. If the victim is wet or lying in water, move them to as dry of an area as possible. Dry their chest/torso area.
3. If the victim is touching metal objects, move the victim or the object.
4. Attach an AED to a child (under puberty) only after five cycles (30-2) of CPR.
5. Once you have determined the victim is not breathing attach the AED as soon as it is at the scene.
6. Remove any medications patches that are on the victim's chest and wipe the area clean. Do not use alcohol wipes.
7. Be sure to keep the electrode pads a few inches away from any internal device such as pacemakers and ICD's.
8. During AED use verbally tell bystanders to stay clear and not to touch the victim.
9. When advised to shock, again make a verbal and visual check by looking at and around the victim and say, "I'm clear, you're clear, all clear."
10. Say, "Shocking" before pressing the shock button.

These safety steps will help insure everyone's safety. Remember that when dealing with cardiac arrest victims or any emergency situation always wear protective equipment such as gloves and a CPR mask.

Environmental Emergencies

Burns Symptoms	Type	First Aid
Red Skin	1 st Degree	Cool 5 minutes
Blister(s)	2 nd Degree	Cool 5 minutes protect blister
Charred Tissue	3 rd Degree	Cool 3 minutes, keep sterile. Go to Hospital

Electrical Do Not Touch Them. Disconnect any electrical cords before touching victim.

Heat Emergencies		
Heat Cramp	Give fluids, and rub area	
Heat Exhaustion	Pale, wet skin, weakness	Give fluids, cool & fan victim, place in shade
Heat Stroke	Red, Dry, Hot Skin	Cool Immediately

Cold Emergencies		
Frost Nip/ Bite	Do Not Rub	Warm area with warm water or body heat contact.
Hypothermia	Move as little as possible, remove wet clothing, heat slowly, get person to warm environment.	

First Aid Common Sense

Remain Calm. Be Confident

Universal Precautions	
Wear Gloves at accidents & when around body Fluids	
Use one-way mask when rescue breathing	
Watch for sharp objects at accident scenes	
Circulation	No circulation – Do CPR 30 compressions and 2 breaths
Airway	Head tilt/ Chin lift
Breath	Head tilt/ chin lift/ pinch nose and give normal breath until upper chest rises. If unwilling to give breath do compressions only.

Shock Evaluation (Even if unconscious)	
Symptoms	First Aid
Fast Heart Rate, Fast Breathing, Cool/Clammy Skin, Pale Skin/ Blue lips	Place on back with legs up 14 inches. Keep Warm, Calm and Reassure.
Phone Numbers	
Emergency	911
National Poison Control	800.222.1222
Salem Police (non Emergency)	503.588.6123
OR State Police	503.731.3030
Drunk Driving Reporting	800.243.7865
Salem Hospital	503.561.5200
Doctors #	Dentists #

Medical Emergencies

Seizures – Protect them from hitting objects. Do not hold them down. If breathing, when the shaking stops turn on their side. If not breathing, open airway, do rescue breathing if necessary.

Diabetes – Test blood sugar if able. If unconscious, give sugar between lips and gums. If unconscious, give juice or soft drink.

Poisoning – Keep poisons away from children! Call poison control 800.222.1222. Have syrup of Ipecac and activated charcoal ready.

Allergic Reactions – Watch for symptoms of rash/hives/itching/swelling/nausea/vomiting. Give Antihistamine. If difficulty breathing, give epinephrine immediately.

Asthma – Calm them, place them in a position of comfort. Give inhaler if possible.

Heart Attack – Watch for symptoms of shock/shortness of breath/chest tightness/numbness in the left arm. Treat for shock. Have them cough 5-10 times. If unconscious follow the CAB Format.

Stroke – Watch for symptoms of verbal ability/equal pupils/equal grip & foot strength/numbness/visual changes, Calm them & treat for shock.

Hyperventilation – Watch for symptoms of fast breathing/numbness in the lips & hands. Have them sit comfortably, slow their breathing. If no sign of shock & breathing doesn't slow, have them breathe into a paper bag for 2 minutes.

Injury Emergencies

Are they alive? Check CAB's
Can they Die? Check for shock.

If moved, will injury result? Do a head-to-toe evaluation.

Fractured – Do not move until you stabilize the joint above & below with a splint. Stabilize appendage to body if they must be moved.

Bleeding – Use direct pressure on wound, if no fracture, elevate above the heart, if bleeding continues, use pressure points. (see diagram below)

Impaled Objects – Do Not Remove. Stabilize & protect.

Exposed Intestines – Do Not Replace Them, Keep moist, Warm, clean

Head Injury – Watch for reduced consciousness, bleeding from the ears, unequal pupils, projectile vomiting. Treat for shock with the upper body elevated.

Neck Injury – Feel the neck, look for pain or tightness. If Tightness, support the head continuously.

Sprain (Ligament) – Ice, Compression, Elevation, Rest. (ICER)

Strain (Muscle) – old and heat alternated

Choking – Ask “are you choking” If they make a sound bend over & cough hard. If no sound do the Heimlich Maneuver with quick upper thrust of fist on navel.