

AED & CHOKING & CPR

AED

1. Scene Safety
2. Determine victim not breathing. **CPR begins and continues.**
3. Assign someone to call 911 (“This is a medical emergency”; provide location)
4. **AED: Turn on Green button. Follow prompts.** (Seek to reduce ambient noise so you can hear)
5. Open victim’s upper clothes, baring chest; remove any metal; e.g., underwire bra. (Explain need to any companion; ask about any metal implants.)
6. Place circular sticker pads on victim as diagrammed: one on *victim’s* upper Right chest. Place the other pad on *victim’s* Left side, across from chest’s center. (The heart is between these two pads.)
7. **When prompted, make sure no one is touching the victim** (ask for all to stretch arms away from victim; check to see this). **Press the yellow button** to initiate induced shock. (There may be a short delay).
8. If breathing doesn’t resume, repeat the yellow button procedure, above.
9. Leave pads in place, even when professional help arrives, in case there is a continued need.

CHOKING

1. Ask: Are you choking; can I help?
2. **Standing behind the victim, reach around to their front, under both their arms:**
Place your dominant hand over your other, fisted hand
~2” above their belly button
5 consecutive thrusts, IN and UP
3. Repeat as needed
4. For self administered: push designated belly point against a counter, stable table or object

CPR (CERTS cautioned: see below *)

1. Scene Safety
2. Tap shoulders & shout (strongly). If unresponsive, then:
3. Check for breathing (your ear near mouth for feel & hearing breaths); line of sight to see, & hand on chest/ stomach to feel for rise & fall. May feel for pulse.
4. **Assign someone to call 911** (“This is a medical emergency”; provide location) and **assign someone to get an AED unit**
5. Put victim on flat surface!
6. Kneeling at side of victim: (May put padding under your knees for comfort)
 - a. About 2” above the arched central meeting point of ribs (xiphoid process of sternum):
 - b. Hand over hand (dominant on top), for adult victim. 2 fingers for baby.
 - c. Place meaty part of palm at center point, between nipples
 - d. Elbows straight & locked.
 - e. Lean over victim, using your weight for leverage
 - f. Apply 100 - 120 compressions/ minute (2/second)**
 - g. Compress 2 – 2.5” deep.** (about 1/3 of the body’s thickness)
7. Don’t stop, even while preparing for AED. (*Blood doesn’t fully circulate until ~70th compression*).
8. Rotate with by-standers, as needed. (Do your best; but CPR cannot be done indefinitely.)

* As CPR treatment must be uninterrupted, **CERTs are cautioned NOT to begin CPR in multi-casualty situations**, unless there are no other survivors to be triaged, and the scene is under control. This follows the CERT mandate to:

“Do the greatest good for the most amount of people”