

HANDS-ONLY CPR

FOR WITNESSED SUDDEN COLLAPSE



1.

CHECK and CALL

1. **CHECK** the scene, then **CHECK** the person.
2. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing.
3. **CALL** 9-1-1 if no response.
4. If unresponsive and not breathing, **BEGIN CHEST COMPRESSIONS.**

TIPS:

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.



2.

GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
4. Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



3.

DO NOT STOP

Except in one of these situations:

- You see an obvious sign of life (breathing).
- Another trained responder arrives and takes over.
- EMS personnel arrive and take over.
- You are too exhausted to continue.
- An AED is ready to use.
- The scene becomes unsafe.

AED

AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button.
8. Perform compressions and follow AED prompts.

Go to redcross.org or call your chapter to sign up for training in full CPR, First Aid, Babysitter's Training, Pet First Aid and much more.



My Home Pool Safety Checklist

Directions: Take a minute to inspect your home pool for safety. Many times, we think we have taken all precautions necessary to protect our family and guests. Use the following checklist as a guide to make sure your pool and surrounding area are safe.

- Pool is completely enclosed with a fence with vertical bars (so that it is not easy to climb) that has a self-closing, self-latching gate.
- All doors or gates leading to the pool have secure locks, including patios, outside access gates and garage door entries.
- “No diving” areas are clearly marked.
- Pool chemicals are stored in a secure area and locked for safety.
- Pool tiles and deck area are free of sharp areas or broken tiles.
- Pool ladders, slides and diving boards are in good condition and free of loose bolts.
- Pool covers are completely removed prior to pool use and completely secured when in place.
- Toys are in good condition and free of broken or sharp edges.
- Toys are stored and kept away from and out of the pool when it is not in use.
- Furniture or toys are not left near a fence that would enable a child to climb over the fence.
- An emergency action plan is present to address potential pool emergencies.
- First aid and CPR instructions are posted.
- Emergency telephone number for the EMS system is posted by your telephone. A telephone or a fully charged cordless or mobile phone is kept poolside.
- Basic lifesaving equipment is located near the pool, and family members know how to use it. A reaching pole, rope and life jackets and a well-stocked first aid kit are available.
- Water is clean, clear and properly maintained. Water should be chemically treated and tested regularly. Contact a local pool store or health department for information and instruction.