FREE VIP RESOURCES

Equip You Or Your Staff For Emergency

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Helpful Resources For VIP Members

Each of the following resources is meant to give you or your company useful information that will help you be better prepared for emergency situations.

1. **Learn the basics:**
   Free hands only CPR instructions

2. **Is my AED Ready for use?:**
   Ask these questions to be sure your AED is ready for service.

3. **A CPR instructor should:**
   A checklist to make sure you get the best training.

4. **First Aid Kit Checklist:** Does your First Aid kit met national standards?

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Hands-Only CPR | FACT SHEET

Why Learn Hands-Only CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

About **70 percent** of out-of-hospital cardiac arrests happen in homes

About **46 percent** of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:

1.

Call 911 if you see a teen or adult suddenly collapse

2.
Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute

Music Can Save Lives

Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira" or "Walk the Line" by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/findacourse.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

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Is My AED Ready For Use?:

In order for your AED to save a victim of cardiac arrest, you need make sure it is ready to deliver a lifesaving shock. If you own one or multiple AEDs, there are important questions that you should be able to answer 'Yes' to:

Are you confident that every one of your AEDs is ready to be used and will work in an emergency?

- Do you know your AED's current self-test status?
- Do you know when to replace the pads and batteries for each of your AEDs?
- Do you know when your responders need to be retrained?
- Can you effectively and efficiently review the status of all your AEDs and trainer responders?

If the answer to any of these question is No, we can help. Simply call our office to get help with your AED.

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A CPR Instructor Should

Be Certified
To be sure your instructor is teaching the least techniques and science, they must be certified through a nationally accredited angry such as The American Heart Association or the American Red Cross

Have Passion
The instructor sets the tone for the entire class and if they are not excited to teach, then the students will lose their interest to learn.

Communicate Clearly and Effectively
CPR is a serious subject and could be quite intimidating for the first time learners. An instructor with a good sense of humor can make the class fun, while managing to get the students to learn.

Just telling stories will not cut it, an instructor should involve the students and make them understand how the lifesaving skill came handy in saving the lives of people on multiple occasions

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First Aid Kit Checklist

Check your supplies on a routine basis, especially after treating an individual. You will have used some of your supplies and you need to replenish.

___ Gauze pads (at least 4x4 inches)
___ Two Large pads (at least 8x10 inches)
___ Box of adhesive bandages
___ One package of gauze roller bandage, at least 2 inches wide
___ Two triangle bandages
___ Would cleaning agent such sealed, moistened toilettes
___ Scissors
___ At least 1 blanket
___ Tweezers
___ Adhesive tape
___ Latex Free Gloves
___ CPR Pocket Mask
___ Two elastic wraps
___ Splints

This is a sample list contents for a first aid kit. This kit follows the standard of the Occupational Safety and Health Administration.

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Helpful Resources For VIP Members

Being prepared for emergency is essential to any organization or team. These essentials represent a short list of tools and resources to keep you reminded of the importance of being prepared.

CPR Training Source provides tools, resources, training and products designed to equip and assist you.

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