

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

**Topic C079: First Aid: CPR (A)**

**Introduction:** Cardiac arrest occurs when the heart is unable to effectively contract, resulting in an abrupt cessation of its normal circulatory functions. The event of cardiac arrest puts the victim on a timer towards death, and immediate action is vital in saving their life. As blood circulation is what delivers oxygen throughout the body, its inhibition will very rapidly lead to severe damage. Brain damage is likely should cardiac arrest continue untreated for more than 5 minutes, and death generally occurs between the 8- and 10-minute mark. CPR, even in events where it does not fully resuscitate the victim, may keep blood circulation active until medical personnel arrive. Following are current guidelines for performing the first and primary method of addressing cardiac arrest: cardiopulmonary resuscitation (CPR).

**The first response** to cardiac arrest is to immediately call 911. CPR is a process designed for non-emergency medical personnel (first responders) to attend to a victim until professionals arrive on scene. If you are a first responder and are not alone, instruct a bystander to make the call right away while you begin CPR. If you are alone, call 911 yourself. Make the call immediately unless you believe that the victim is under cardiac arrest due to suffocation (such as drowning), in which case you should perform CPR for 1 minute before calling 911.

<p><b><u>CAB</u></b></p> <ul style="list-style-type: none"> <li>• <b><i>Circulation:</i></b> Chest compressions</li> <li>• <b><i>Airway:</i></b> Check for unobstructed airflow</li> <li>• <b><i>Breathing:</i></b> Administer rescue breathing</li> </ul>
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**Consider your training:** Never exceed your level of CPR training. Attempting to overextend your training and experience can have adverse affects on the victim and may do more harm than good. If you are untrained, or trained but not confident in your abilities, you should stick exclusively to chest compressions. Chest compressions should be administered at a rate of approximately 100 compressions per minute until help arrives. If you are fully trained and confident, begin with 30 chest compressions before rescue breathing and airway inspection.

**The American Heart Association** suggests an acronym to help you remember the order in which you should follow CPR procedures: CAB – Circulation, Airway, Breathing.

**Circulation:** With the victim on their back, kneel next to their neck and shoulders. Place the heel of your hand over their center of their chest, between the nipples, and place your other hand over the first. With your shoulders directly over your hands, use the weight of your upper body (not just your arms) to push straight down, compressing the chest at least 2 inches. Repeat at a rate of about 100 compressions per minute. If you are untrained or unsure of your abilities, this should continue until paramedics arrive.

**Airway:** After 30 chest compressions, use the head-tilt, chin-lift technique to open the victim's airway. Place your palm on their forehead and tilt their head back. Use your other hand to move the chin forward and open the airway. The goal is to check for normal breathing (gaspings is considered abnormal and not a sign of success), spending no more than five or 10 seconds. Check for: the feel of their breath on your cheek; chest movement, and; breath sounds.

**Breathing:** With the victim's head in position from the head-tilt, chin-lift, pinch the nostrils shut and form a seal over their mouth with yours. This phase consists of two rescue breaths of 1 second of exhalation. During the first, see whether the chest rises in response to the breath. Should it rise, administer the second breath. If it doesn't rise, reposition the victim's head using the head-tilt, chin-lift technique once again, and then give the second breath. 30 chest compressions, an airway check and rescue breathing is considered one CPR cycle.

**Conclusion:** Remember that when approaching a victim of cardiac arrest that you should always consider your level of training before proceeding. Dial 911 for emergency medical personnel immediately, and based on your training, follow the proper CPR steps: Circulation, Airway, Breathing.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

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These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.