

Newsletter: Friends Don't let Friends Forget Safety!

“Stayin’ Alive:” A CPR Review

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By: Jessica Brown, Executive Assistant

Adult/Child CPR Essentials:

If you suspect that someone is unresponsive:

1. Ensure that the scene is safe.
2. Tap his/her shoulders and shout, “Are you ok?”
3. Shout for help. If help is present, ask others to call 9-1-1 and get an AED. If help is not present and you have a phone, dial 9-1-1 and put the phone on speaker mode. If you are alone and do not have a phone, provide five sets of compressions and breaths before leaving the person to dial 9-1-1.
4. Check for breathing or only gasping.
5. Give 30 compressions (at a rate of 100-120 compressions per minute, or to the beat of “Stayin’ Alive”) at a depth of at least two inches for an adult, and 1/3 the depth of the chest, or about 2 inches for a child. Be sure the chest returns to its normal position between compressions. Compressions should be given with the heel of the hand on the lower half of the breastbone. Two hands should be used for adults and children.
6. Administer two breaths. First, open the airway by placing one hand on the forehead and the other hand on the chin. Tilt the head back and lift the chin. The chest should rise.
7. Continue to administer sets of 30 compressions and two breath until advanced help arrives. Remember that you can trade off with another person trained in CPR to give yourself a break and ensure the unresponsive person receives the best CPR possible.
8. As soon as the AED arrives, turn it on and follow the prompts. If you have a partner, have him/her continue CPR while you prepare the AED. The AED will provide prompts on how to use it properly.
9. Continue CPR until advanced help arrives.



Newsletter Spotlight

•“Stayin’ Alive:” A CPR Review

•First-Aid Basics: Recap

•October Newsletter Preview

•Did You Know? Wyoming Quick Facts

Infant CPR Essentials:

1. Ensure that the scene is safe.
2. Tap the infant’s shoulders and shout to the infant to check for responsiveness.
3. Shout for help. If help is present, ask others to call 9-1-1 and get an AED. If help is not present and you have a phone, dial 9-1-1 and put the phone on speaker mode. If you are alone and do not have a phone, provide five sets of compressions and breaths before leaving the infant to dial 9-1-1.
4. Check for breathing or only gasping.
5. Place two fingers on the breastbone just below the nipple line, and administer 30 compressions about 1 1/2 inches deep (at the same rate as an adult– 100-120 compressions per minute).
6. Make sure the chest returns to its original position between compressions.
7. Open the infant’s airway and administer two breaths. Don’t open the airway too far– it can actually close the airway and prevent effective breaths from reaching the infant’s lungs. Place one hand on the infant’s forehead and the fingers of your other hand under the infant’s chin. Tilt the head back and lift the chin. You do not need to blow as much air for an infant! If the chest does not rise, release the head and try again.
8. As soon as the AED arrives, turn it on and follow the prompts. If you have a partner, have him/her continue CPR while you prepare the AED. The AED will provide prompts on how to use it properly.
9. Continue CPR until advanced help arrives.

CPR Tips

- ☞ Act quickly! Seconds can save a life!
- ☞ If you aren’t sure if someone needs CPR, administer it! It will not harm the person even if they aren’t in cardiac arrest.
- ☞ Remember that compressions should not be interrupted for more than a few seconds.
- ☞ If a person is lying in water, make sure to move them to a dry area before applying a shock with an AED.
- ☞ If chest hair prevents the AED pads from sticking, remove the hair using a second set of AED pads or a razor, if it is in your first-aid kit.
- ☞ Don’t put the pads for an AED on top of a pacemaker. Instead, place the pads below the pacemaker.

First-Aid Basics: Recap

Universal Precautions

- ☞ Treat all bodily fluids as if they are infected with germs that can lead to disease.
 - Wear gloves and eye protection when providing first-aid.
 - Dispose of items that have come in contact with bodily fluids in a biohazard waste bag and properly dispose of the biohazard waste bag.
 - Follow proper glove removal procedure.
 - After removing gloves, wash hands with soap and water for at least 20 seconds.
- ☞ If you are exposed to blood:
 - Remove your gloves.
 - Wash hands immediately and rinse and wash the contact area with soap and water for at least 20 seconds.
 - Thoroughly rinse eyes, nose, or the inside of your mouth with water if any of these areas were exposed.
 - Contact a healthcare provider as soon as possible. If the exposure occurs at work, contact your human resources professional right away.

Proper Glove Removal



Asthma

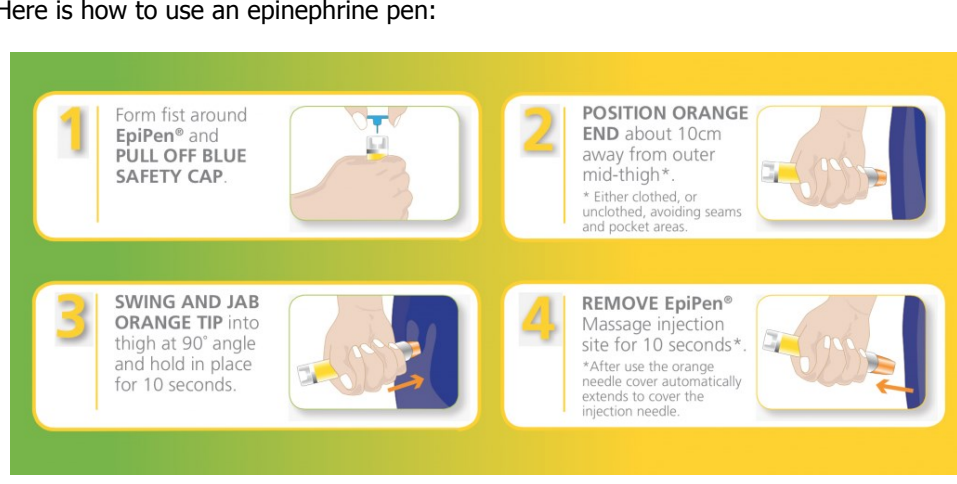
- ☞ Ask the person if you can help him/her and if he/she has medicine.
- ☞ If the person has medicine, assemble and use the person’s inhaler. For more information on how to do this, click [here](#).
- ☞ Call 9-1-1 if the person does not have medicine, does not improve after using the medicine, the person’s breathing gets worse, he/she has trouble speaking, or the person becomes unresponsive.
- ☞ Stay with the individual until someone with advanced training takes over.

Choking

- ☞ Ask the person if you can help him/her.
- ☞ Perform the Heimlich maneuver. For the technique taught by the Red Cross and the American Heart Association click [here](#). This article includes the techniques that should be applied for obese and pregnant persons, as well as infants.

Allergic Reactions

- ☞ Ask the person if you can help him/her.
- ☞ Use an epinephrine pen to treat a severe allergic reaction. Remember that mild reactions can turn severe in minutes, or even seconds!
- ☞ After using the epinephrine pen, note the time of the injection and give it to first responders to dispose of.
- ☞ Call 9-1-1 if symptoms do not improve or in the case that advanced help is delayed for more than ten minutes.
- ☞ Here is how to use an epinephrine pen:



Heart Attack

- ☞ If a person shows signs of a heart attack, call 9-1-1 even if they refuse.
- ☞ Ask someone to get the first-aid kit and the AED.
- ☞ Ask the person to chew and swallow one adult aspirin or two low-dose aspirins.
- ☞ If the person stops responding, begin CPR.

Stroke

- ☞ Abide by the FAST method: If a person is experiencing **F**ace Drooping, **A**rm Weakness, or **S**peech difficulty, it is **T**ime to call 9-1-1!
- ☞ Note the time that symptoms began, and stay with the person until help arrives.

Seizure

- ☞ Move furniture or other objects away from the individual.
- ☞ Put a pad or towel under the person’s head.
- ☞ Call 9-1-1.
- ☞ If breathing difficulty occurs as a result of vomiting or blood, roll the person on his/her side.
- ☞ If the person is unresponsive, begin CPR.

COMING OCTOBER 2016

Advanced First-Aid:
Treatment of Injuries and Wounds



Did You Know? Wyoming Quick Facts

- Wyoming ranks 30th in the country for deaths from cardiovascular disease, and 32nd in the country for deaths caused by stroke
- Heart disease is the #2 cause of death in Wyoming next to Cancer
- 80 percent of Wyoming’s Emergency Medical Service Providers are volunteers
- Wyoming is one of 19 states that have no mandates related to AEDs



References:

- [CDC](#)
- [Wyoming Department of Health](#)
- [Sudden Cardiac Arrest Foundation](#)