



HEARTSAVER® HEA

Know the Signs

- Uncomfortable pressure, squeezing, or pain in the center of the chest that lasts more than a few minutes or comes back.
 - Pain or discomfort in other areas of the body, such as both the arms or back, neck, jaw, or stomach.
 - Shortness of breath with or without chest discomfort.
 - Cold sweat, nausea, or lightheadedness.
- Symptoms may be slightly different for people with diabetes.

Know What to Do

- Make sure the person stays safe. Call someone to phone 9-1-1.
- Ask someone to get the first aid kit.
- Have the person chew and swallow an aspirin, unless they have an aspirin allergy or a provider tells them not to take aspirin.
- If the person becomes unconscious, use the AED.

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HEARTSAVER® ADULT CPR AED



1. Tap and shout.
2. Shout for help. Phone or send someone to phone 9-1-1 and get an AED.
3. Look for no breathing or only gasping.
4. Push hard and fast in the center of the chest at a rate of 100 to 120 compressions per minute. Give 30 compressions.
5. Open the airway and give 2 breaths.
6. Repeat sets of 30 compressions and 2 breaths.
7. When the AED arrives, use it immediately. Turn it on and follow the prompts.

Aha Cpr Study Guide 2014

IM Harris



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