CHECKING FOR RESPONSIVENESS | CHECKING FOR BREATHING

TIP: Use disposable gloves and other personal protective equipment, always check scene for safety first, and obtain consent whenever possible.

Check for Responsiveness

Gently shake and shout "Are you OK?"

Call 911

If an unconscious person is face-down, roll face-up, supporting the head, neck and back in a straight line.

Check for Breathing

Check quickly for breathing for no more than 10 seconds. Occasional gasps are not breathing.

If Person Not Breathing

Bare chest and begin CPR with cycles of 30 compressions and 2 breaths. Apply and use the AED as soon as it's available.



USING AN AED (AUTOMATED EXTERNAL DEFIBRILLATOR)

POWER on AED

Follow the voice and/or visual prompts.

ATTACH Pads

- Use diagram on pads to place pads correctly on person's chest.
- For adults, place one pad on the person's upper right chest and the other on the person's lower left side.

TIP: Use Pediatric pads if available on children under 8. If unavailable, use adult pads.

ANALYZE the Heart Rhythm

- Make sure no one, including you, is touching the person.
- Allow the AED to analyze the Heart Rhythm.

SHOCK If SHOCK IS ADVISED:

- Make sure no one, including you, is touching the person.
- Say, "EVERYONE, STAND CLEAR."
- Push the "SHOCK" button, if necessary.

Resume CPR Immediately

After delivering the shock, or if no shock is advised:

• Leave pads in place and perform 5 cycles (about 2 minutes) of CPR before reanalyzing.





PERFORMING CPR

Give 30 Chest Compressions

Push hard and fast in the middle of the chest, 2 to 2.4 inches deep and at a rate of 100 to 120 compressions per minute.

TIP: Person must be on firm, flat surface.

NOTE: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.



Give 2 Rescue Breaths

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about 1 second to make the chest clearly rise.
- Give 2 rescue breaths, one after the other.

Continue CPR

- Continue cycles of 30 compressions and 2 breaths
- Reassess after every 5 cycles (or about 2 minutes)
- Continue to follow the prompts of the AED



Phone: 855-888-CPR1 (2771) 855-801-8884 Fax: Email: Info@CPR1.com

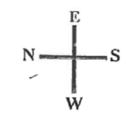
CPR1 LLC 3516 Seagate Way, Suite 120 Oceanside, CA 92056

OUSD—Cambridge Elementary School

Storage Earth-

Health Office

quake Supplies



Nicole Wyckoff

Lunch Tables

6th

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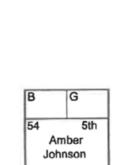
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57 Speech

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Amber Johnson	STEAM Lab
3 5th	43 Inst. Spec.
Mary	Kristeena
Vitulło	Ellson
2 Camp Fire	42 4th Amy Dias
I USDC	41 4th
Alan	Nicole
Holmes	Webber
7 Speech	47 Ramon
Jamle Smith	Custodian

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44

B G	Math PE	BG
	Science	
34 Resource Kelley Rowell	24 2nd Jodi Rodriguez	14 Bree Hitchens
33 3rd Tricia Houston	23 1st Michele Blokdyk	13 1/2 Genie Roney
32 3/4 Beth Lavelle	22 2/3 Darcie Elmes	12 Jane Medina
31 Computer Lab	21 Ed. Special Ashley Bezyac Michelle St. Ama	k Annie
38 Psych	28 27 Camp F. Xero	18 17 Cust. Stora

K5 TK Vickie Miederhoff

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SAC

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Kitchen/Storage 62 Multi-purpose Room 61 Library Libby Sluyters

Cambridge Elementary 425 N. Cambridge St. Orange, CA 29866 714 997-6103



Earthquake Evacuation Plan

AED /CPR TRAINING OPPORTUNITIES: Please contact Risk Management for training schedule at 714.628.5390



AFTER AN INCIDENT: Contact Risk Management at 714.628.5390 when an AED has been used.