**1. 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.

**2. 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 CPR, or if no shock is advised:
  - Leave pads in place and perform 5 cycles (about 2 minutes) of CPR before reanalyzing.

**3. 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.

- **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

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