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 CPR immediately, 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.

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.

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

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
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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.