

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.

✚ 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.



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 the shock, 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.

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

OUSD—Palmyra Elementary School

Palmyra Elementary School Orange Unified School District

1325 E. Palmyra Ave.
Orange, California 92866

	PTA			Psych
71	72	73	74	75
	ELAC	Speech	Instr. Specialist	Counselor

61	62	63	64
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55	54	53	52	51
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R R	31	32	33	34	K I T C H E N
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44	43	42	41
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21	22	23	24	R R
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R R	11 K	12	13 1	R A Y	14 Library
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DAY
CARE

	R R
K-2	OUSD Pre-School P-S

Office	AED Teachers' Lounge
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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.