








Where does cardiac arrest happen?


- 80% of sudden cardiac arrests happen in or around the home
- Victims may be your mom, dad, children, grandparents, friends or neighbors

Our Challenge – receiving CPR in time

- **90%** of out of hospital cardiac arrest victims will die
- National bystander CPR rate is less than **40%**
- Minutes Count—immediate CPR is crucial to cardiac arrest survival



Providing CPR as a bystander can double or even triple chances of survival.



Chain of Survival



The 6 links in the adult out-of-hospital Chain of Survival are:

- Recognition of cardiac arrest and activation of emergency response system – **CALL 911**
- Early CPR with an emphasis on chest compressions – **PUSH HARD AND FAST ON CHEST**
- Rapid defibrillation – **USE AN AED AS SOON AS IT'S AVAILABLE**
- Basic and advanced emergency medical services
- Advanced life support and post-cardiac arrest care
- Recovery (including additional treatment, observation, rehabilitation, and psychological support)

A strong Chain of Survival can improve chances of survival and recovery for victims of cardiac arrest.



COVID-19 and Child and Infant CPR

If a child or an infant's heart stops and you're worried that they may have COVID-19, you can still help.



Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.

Step 2

Shout for help.

If you're alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you're willing and able) for 5 cycles, and get an AED.

If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.

Step 3

Provide CPR with compressions and breaths (if you're willing and able).

■ **Start child CPR**
Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.

■ **Start infant CPR**
Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

80-1424 4/20 © 2020 American Heart Association



Let's Put It To Practice: Infant/Child Chest Compressions!



■ Start infant CPR

Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers.
Provide 30 compressions and then 2 breaths.
Repeat cycles.



■ Start child CPR

Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands.
Provide 30 compressions and then 2 breaths.
Repeat cycles.



Let's Put It To Practice: Steps in Order!

Tips for Infant Chest Compressions:



■ Start infant CPR

Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers.
Provide 30 compressions and then 2 breaths.
Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.



Let's Put It To Practice: Steps in order !

Show us your skills!

- Tap and Shout – **ARE YOU OK?**
 - No response – **CALL 911**
- Begin Chest Compressions and breaths – **PUSH HARD AND FAST**
- If AED available – **Turn on AED and follow instructions**
- If no AED – **continue compressions until EMS arrives**



Questions?