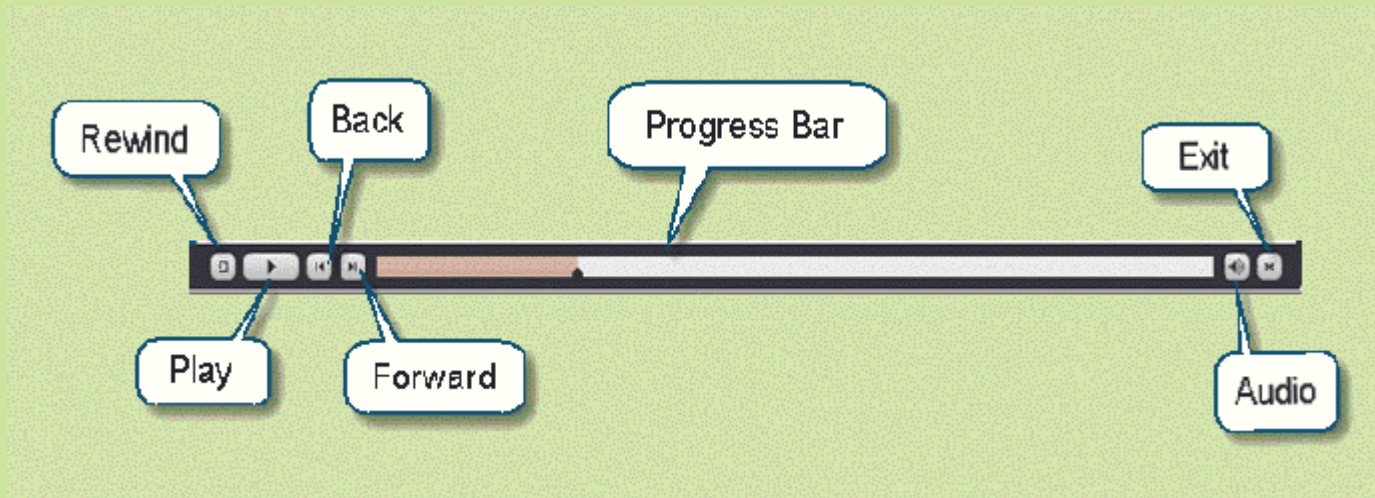




CPR Review Course

How To Navigate



Introduction



Welcome to the CPR Review Course. With the knowledge and skills you learn in this course you can save a life.

You will learn the skills of CPR for victims of all ages.



Sudden cardiac arrest (SCA) is a leading cause of death in the United States and Canada. Good quality CPR improves a victim's chances of survival. The critical concepts for quality CPR include:

- Push hard, push fast: compress at a rate of 100 compressions per minute
- Allow full chest recoil after each compression
- Minimize interruptions in chest compressions; try to keep interruptions to less than 10 seconds
- Avoid hyperventilation

How to Proceed



This course is broken into three topics:

- CPR for Adults
- CPR for Children
- CPR for Infants



You can take the topics in any order, but while you are in a topic you will have to follow the lessons in order as CPR is not a “a la carte” approach.

At the end of each topic you will be required to take and pass practice test. If you score 90% or higher you will be allowed to continue to the next topic. Otherwise, you will be required to retake the topic. The American Heart Association does not grant re-certification for lower scores.



CPR for Adults

Introduction



Overview: This section describes the basics of CPR for Adults

Learning Objectives: At the end of this section you will be able to:

- Recall the basic steps of CPR for Adults
- Show the basic steps of CPR for Adults

Understanding the ABCD's of CPR:

- **A**irway
- **B**reathing
- **C**irculation
- **D**efibrillation



Chest Compressions



Objective:

How to perform chest compressions for adults.

Chest Compressions keep blood flowing to the heart, brain and other vital organs.

Chest Compressions



Step 1:

Position yourself at the victim's side.

Chest Compressions



Chest Compressions



Critical Concepts:

Researchers at the 2005 Consensus Conference reached several conclusions about chest compressions:

1. Rescuers SHOULD push hard and deep on the chest
2. Rescuers SHOULD compress at a rate of 100 times per minute.
3. Rescuers SHOULD allow the chest to recoil completely after each compression.
4. Rescuers SHOULD NOT interrupt chest compressions often for long.



Chest Compressions



Mini-Case Study:

You are going to administer chest compressions to a male in his thirties.

What is the first step?

- A. Move or remove all clothing
- B. Take his pulse
- C. Position yourself at the victim's side.

Chest Compressions



Correct!

The answer C Position yourself at the victim's side is the first step.

Chest Compressions



Sorry, that is incorrect!

The answer ***C Position yourself at the victim's side*** is the first step.

Chest Compressions



Please click this link to open up a PDF link with the [Chest Compression](#) steps.

Please continue onto the Airway & Breath Lesson