



*Did you know the winter months have the highest cardiac arrest rates?* As USPHS officers we should stay up-to-date on our CPR skills, so if and when a situation arises, we are prepared to help.

*Do you know where the First Aid Kit and Automated External Defibrillator (AED) are located in your workplace?* What about at your fitness center, children's school, place of worship?

Here is a quick review of the main skills of **Adult CPR**. Of course as USPHS officers, we need this certification for our readiness, but it has been proven that muscle memory takes over in high-adrenaline situations, so the more you practice the better you will perform.

**NOTE:** These steps are for **Adult CPR**; CPR for children and infants are different. It is important to be familiar with appropriate CPR for all individuals.

## CPR FOR ADULTS

1. **Check for Scene Safety.**
2. **Check for Responsiveness:**  
tap the person on the shoulder and shout "Are you OK?" If unresponsive...
3. **Call 911 and get AED** (or tell bystanders to do this) .
4. **Check for a signs of normal breathing and pulse** for 5 to 10 seconds.
5. If **pulse**, but **no signs breathing** (or normal breathing), give **Rescue Breaths**.
6. If **no pulse and no signs of breathing, start CPR**.
7. **Do 30 Chest Compressions.**  
Push hard, push fast.
  - **Hard:** at least 2" deep
  - **Fast:** rate 100-120/minute
8. **Deliver 2 breaths**, 1 second each. Watch for chest rise.
9. **Repeat cycles of 30 compressions and 2 breaths** switching roles if other trained help is available, every 2 minutes (5 cycles of 30 compressions, 2 breaths).
10. As soon as the AED arrives turn it on and follow the prompts.
11. Continue with alternating the AED, compressions and breaths until the person moves, starts breathing, or EMS or other trained medical staff arrive.

**Rescue Breaths:** Administer 1 every 5-6 seconds (about 12 per minute).

### FACTS:

- In one year alone, 475,000 Americans die from a cardiac arrest.
- More than 350,000 cardiac arrests occur outside of the hospital each year.
- Nearly 45 percent of out-of-hospital cardiac arrest victims survived when bystander CPR was administered.
- A person whose heart stops from sudden cardiac arrest must get help within 10 minutes to survive.

### References:

[cpr.heart.org](http://cpr.heart.org)

<https://www.nhlbi.nih.gov/health-topics/defibrillators>

[www.redcross.org](http://www.redcross.org)