



GREATER NAPLES FIRE RESCUE

CPR SAVES LIVES

PUBLIC EDUCATION ISSUE 9

UNDERSTANDING THE PROCEDURE FOR CPR

how it can double or triple chances of survival after cardiac arrest.

CARDIOPULMONARY RESUSCITATION (CPR)

WHAT IS IT?

Cardiopulmonary resuscitation or CPR is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

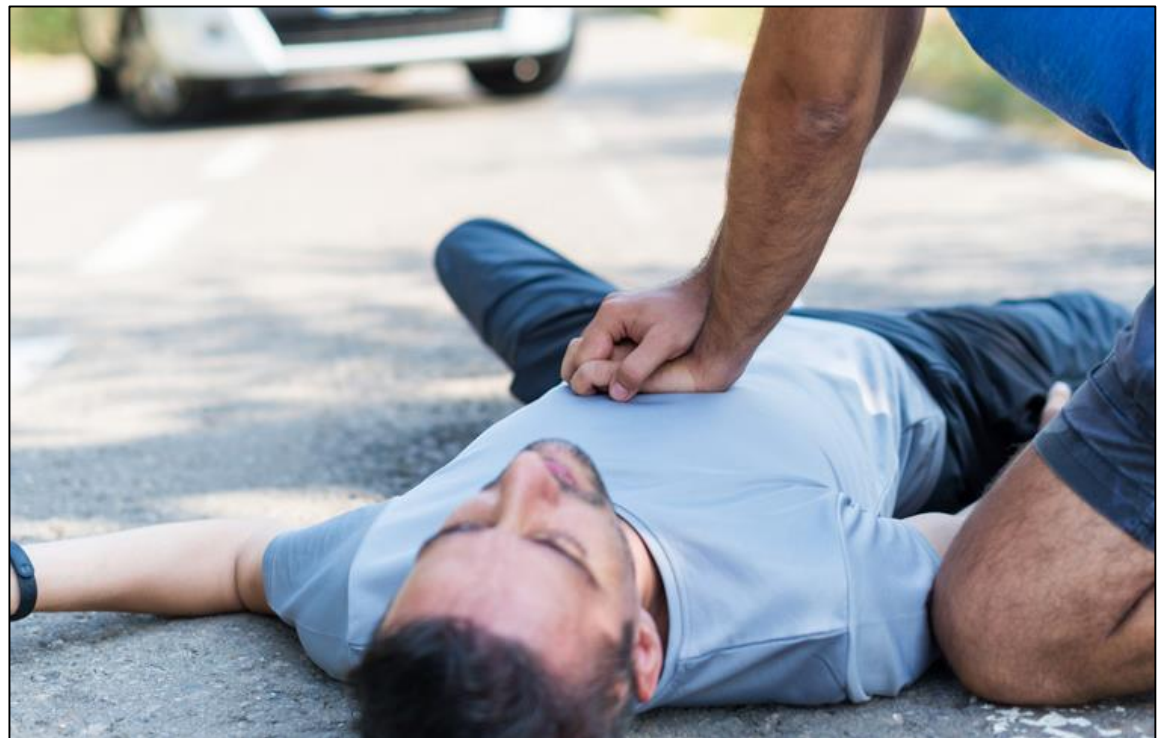
More than 350,000 cardiac arrests occur outside the hospital each year. With this alarming statistic, it is crucial to be prepared and educated to help someone in an emergency situation. In a situation where time is of the essence, being aware of the signs and symptoms can help to get someone medical attention before it is too late. Sudden cardiac arrest signs and symptoms to look out for are:

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness
- Chest discomfort
- Shortness of breath
- Weakness
- Palpitations

However, sudden cardiac arrest signs and symptoms can be immediate and drastic, causing it to typically occur without warning. Regardless, these signs and symptoms are an important reminder for your own condition.

Being prepared can make the difference of a life saved and a life lost. Whether your role is calling for help, or performing CPR yourself, staying calm and understanding what you need to do is crucial. If you see someone who's unconscious and not breathing normally, you should:

1. **Call 911** or the emergency number in your area. If you have immediate access to a telephone, call before performing CPR.
2. **Perform CPR.** Quickly check the breathing. If the person isn't breathing normally begin CPR.
 - a. Push hard and fast on the person's chest- at a rate of 100 to 120 compressions per minute.
 - b. If you've been trained in CPR, check the person's airway and deliver rescue breaths after every 30 compressions.



- c. If you haven't been trained, just continue chest compressions. Allow the chest to rise completely between compressions. Keep doing this until a portable defibrillator is available or emergency workers arrive.

3. **Use a portable defibrillator**, if one is available. It will give you step-by-step voice instructions. Continue chest compressions while the defibrillator is charging. Deliver one shock if advised by the device and then immediately resume CPR, starting with chest compressions, or give chest compressions only, for about two minutes.

Using the defibrillator, check the person's heart rhythm. If necessary, the defibrillator will give another shock. Repeat this cycle until the person recovers consciousness or emergency workers take over.

To ensure your own safety, be aware of the risk factors associated with sudden cardiac arrest. These include:

- A family history of coronary artery disease
- Smoking
- High blood pressure
- High blood cholesterol
- Obesity
- Diabetes
- A sedentary lifestyle
- A previous heart attack
- Age – incidence of cardiac arrest increase with age
- Being male
- Using illegal drugs
- Nutritional imbalance, such as low potassium or magnesium levels



More safety information can be found through the American Heart Association: <https://cpr.heart.org/en>