CPR & First Aid Resources

A resource guide to assist the Trainer in locating CPR/FA classes in Clare, Isabella, Mecosta, Osceola, Gladwin, and Midland Counties. This guide also contains: CPR Chart, Heart Attack & Stroke Chart, and poster which can be used as a reminder of the basic steps of CPR
CPR & First Aid Resources and Contact Information to Schedule Classes

Pro CPR
Web site: www.ProCPR.org

American safety and Health Institute
Web site: www.ashinstitute.org/

American Heart Association: Web site: www.americanheart.org

Central Michigan Community Hospital
1221 South Dr
Mount Pleasant, MI 48858
989-773-0530

Mercy Hospital Cadillac
400 Hobart St
Cadillac, MI 49601
(231) 876-7149

Mecosta County General Hospital
405 Winter Ave
Big Rapids, MI 49307
(231) 592-4380

American Red Cross Health and Safety Services: Web site: www.redcross.org

American Red Cross
Central Michigan Chapter
215 E. Broadway
Mount Pleasant, MI 48858
989-773-3615
Web site: http://centralmichigan.redcross.org

American Red Cross
Midland-Gladwin County Chapter
220 W. Main Street, Suite 104
Midland, MI 48640
989-631-3262
Web site: http://midland-gladwin.redcross.org

American Red Cross
Mecosta-Osceola Chapter
218 South Warren
Big Rapids, MI 49307-1846
231-796-6562
Web site: http://www.moarc.org
CPR Chart

Always Check for Responsiveness first, then open the (A)-Airway, check for (B)-Breathing, and check for (C)-Circulation (Pulse).

<table>
<thead>
<tr>
<th>Adult Rescue Breathing</th>
<th>Adult CPR</th>
<th>Conscious Choking</th>
<th>Unconscious Choking Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shake Victim Gently and Shout “Are You OK”</td>
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<td>Ask “Are You Choking?” If Victim cannot speak or breathe…</td>
<td>Shake Victim Gently and Shout “Are You OK”</td>
</tr>
<tr>
<td>Activate EMS Call 911!</td>
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<td>Lean victim forward, give five (5) back blows, use the heel of the hand.</td>
<td>Call 911!</td>
</tr>
<tr>
<td>Tilt forehead back and lift chin carefully.</td>
<td>Tilt forehead back and lift chin carefully.</td>
<td>Give five (5) quick, upward, abdominal thrusts. Continue back blows and thrusts until the object is out, the victim can breathe, or becomes unconscious.</td>
<td>Tilt forehead back and lift chin to open airway.</td>
</tr>
<tr>
<td>Check Breathing for Five (5) seconds. If breathing, carefully place victim on side. * If not breathing.</td>
<td>Check Breathing for Five (5) seconds.</td>
<td>If Victim can cough or speak, do not perform abdominal thrusts. Encourage victim to cough!</td>
<td>Attempt to give two breaths, if no chest rise, re-tilt airway and try again.</td>
</tr>
<tr>
<td>Give Two (2) slow Breaths. Pinch nose and blow into mouth.</td>
<td>Give Two (2) slow Breaths. Pinch nose and blow into mouth.</td>
<td>For a small child or infant do not blindly sweep the mouth. Only remove object if it is seen.</td>
<td>If no chest rise, give 30 chest compressions mouth sweep, and attempt 2 breaths.</td>
</tr>
<tr>
<td>check for signs of circulation/ life</td>
<td>check for pulse or just begin compressions</td>
<td>For infants, Support head, neck, and back, then perform up to five (5) back blows and up to five (5) chest thrusts.</td>
<td>For a child and infant, perform mouth sweeps only if you can see object in mouth.</td>
</tr>
<tr>
<td>If you are sure there is a pulse, give one breath every five seconds. If no pulse, start CPR.</td>
<td>Compress chest of victim with two hands thirty (30) times and give two (2) breaths. Continue for a minute.</td>
<td>If airway still blocked, repeat procedure until baby begins to cry.</td>
<td>For an infant, support head, neck, and back, and use back blows and chest thrusts.</td>
</tr>
</tbody>
</table>

Depth of compressions is approximately 1½ - 2 inches for an adult. Check pulse after one minute, and every few minutes thereafter. If an adult is found unresponsive, call 911 immediately. For victims with suspected spinal injury, perform a jaw-thrust to open airway. Continue CPR until: there is a sign of life, the scene is unsafe, an AED is available, rescuer is too exhausted to continue, EMS arrives.
# Heart Attack & Stroke Chart

<table>
<thead>
<tr>
<th>Heart Attack</th>
<th>And</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a.k.a. myocardial infarction)</td>
<td>Definition</td>
<td>(a.k.a. Brain Attack)</td>
</tr>
<tr>
<td>Death of heart muscle due to lack of oxygen.</td>
<td>Blockage of blood flow to the brain.</td>
<td></td>
</tr>
<tr>
<td><strong>Signs &amp; Symptoms</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest Pain-uncomfortable pressure, squeezing, tightness. May spread to shoulder, neck, and arms. Sweating, nausea/vomiting, shortness of breath, weakness, denial</td>
<td>Slurred speech, dizziness, unsteadiness, double vision. Intense, sudden headache. Numbness to one side of body, affecting arm and/or leg. Decreased level of consciousness. Facial Droop</td>
<td></td>
</tr>
</tbody>
</table>

## Risk Factors

- Lack of exercise
- High blood pressure
- Cigarette smoking
- Obesity
- Diabetes
- Gender
- Heredity
- Age
- High cholesterol levels
- Stress

## Actions for Survival

- Have victim sit or lie down in a comfortable position.

!!CALL EMS IMMEDIATELY!!

- Reassure victim and prevent them from exerting themselves.
- Perform rescue breathing or CPR if necessary.

- Have victim sit or lie down in a comfortable position.

!!CALL EMS IMMEDIATELY!!

- Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.
CALL
CALL 911

BLOW
TILT HEAD, LIFT CHIN, CHECK BREATHING
GIVE TWO BREATHS

PUMP
POSITION HANDS IN THE CENTER OF THE CHEST
FIRMLY PUSH DOWN TWO INCHES ON THE CHEST 30 TIMES

CONTINUE WITH TWO BREATHS AND 30 PUMPS UNTIL HELP ARRIVES