

# 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](http://www.ProCPR.org)

American safety and Health Institute

**Web site:** [www.ashinstitute.org/](http://www.ashinstitute.org/)

American Heart Association: **Web site:** [www.americanheart.org](http://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](http://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).**

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

**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

<b>Heart Attack</b> (a.k.a. myocardial infarction)	<b>And</b>	<b>Stroke</b> (a.k.a. Brain Attack)
Death of heart muscle due to lack of oxygen.	<b>Definition</b>	Blockage of blood flow to the brain.
Chest Pain-uncomfortable pressure, squeezing, tightness. May spread to shoulder, neck, and arms. Sweating, nausea/vomiting, shortness of breath, weakness, denial	<b>Signs &amp; Symptoms</b>	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
Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Gender Heredity Age High cholesterol levels Stress	<b>Risk Factors</b>	Lack of exercise High blood pressure Cigarette smoking Obesity Diabetes Gender Heredity Age High cholesterol levels Stress TIA's (transient ischemic attacks) Previous stroke
Have victim sit or lie down in a comfortable position.  <b>!!CALL EMS IMMEDIATELY!!</b>  Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary.	<b>Actions for Survival</b>	Have victim sit or lie down in a comfortable position.  <b>!!CALL EMS IMMEDIATELY!!</b>  Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary

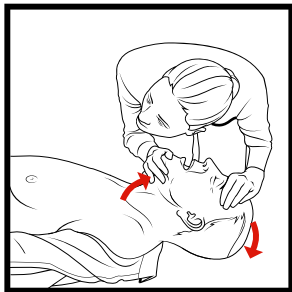
Cut this out, pin it to your wall, Xerox it for a friend  
or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

# CALL

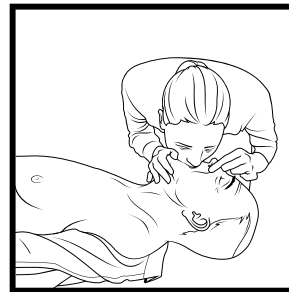


**CALL 911**

# BLOW

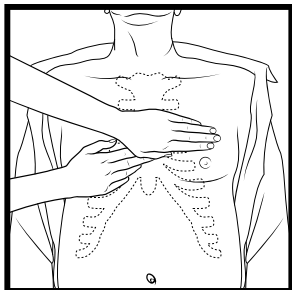


**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**

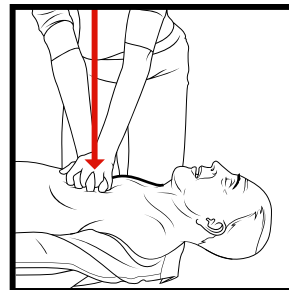


**GIVE TWO  
BREATHS**

# 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**