

# 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<br><br>Call 911!  | Activate EMS<br><br>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.<br>* If not breathing, | Check Breathing for Five (5) seconds.  | <b><u>If Victim can cough or speak, do not perform abdominal thrusts.</u></b><br>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.**

## Infant CPR & Choking

| Breathing   | Infant CPR  | Infant Choking   | Choking unconscious  |
|---|---|--|--|
| Tap baby's feet and shout "Are You OK"  | Tap baby's feet and shout "Are You OK"  | If baby makes no noise, doesn't cry but is trying to, face is turning blue...                              | Tap baby's feet and shout "Are You OK"   |
| If alone, yell for help!  | If alone, yell for help!  | Supporting head, neck, and chest with one arm and baby's face towards floor...                             | If alone, yell for help!   |
| <b>Carefully</b> tilt forehead back and lift chin. Open airway only slightly. | <b>Carefully</b> tilt forehead back and lift chin. Open airway only slightly.                         | Perform up to five (5) back blows. Then, with opposite arm, support head, neck, and back.                  | <b>Carefully</b> tilt forehead back and lift chin. Open airway only slightly.  |
| Check breathing for five (5) seconds. Look, listen, and feel.                 | Check breathing for five (5) seconds. Look, listen, and feel.   | Perform up to five (5) chest thrusts using two (2) fingers on baby's chest.                                | Check breathing for five (5) seconds. Look, listen, and feel.                  |
| Give two (2) slow breaths. Place your mouth over nose and mouth of baby.      | Give two (2) slow breaths. Place your mouth over nose and mouth of baby.                              | Continue cycle of back blows and chest thrusts until baby begins to cry or becomes unconscious             | Attempt to give two (2) slow breaths. If they don't go in, reattempt.          |
| Check for pulse for ten (10) seconds on the inside of upper arm against bone. | Check for pulse for ten (10) seconds on the inside of upper arm against bone. If no pulse, start CPR. | If baby becomes unconscious, check mouth, give two (2) breaths; give back blows and chest thrusts. Repeat. | Perform back blows and chest thrusts, check mouth, attempt breaths. Repeat.    |
| If pulse present, give one (1) breath every five (5) seconds for one minute.  | Do a cycle of three (3) compressions and one (1) breath for one minute, then call 911                 | When performing back blows and chest thrusts, keep baby's head lower than body                             | <u>If the first breath doesn't go in, reposition the airway and try again.</u> |

**Poison Control 1-800-222-1222**

**For Emergencies call 911**

## Heart Attack & Stroke Chart

| <b>Heart Attack</b><br>(a.k.a. myocardial infarction)   | <b>And</b>                  | <b>Stroke</b><br>(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<br>High blood pressure<br>Cigarette smoking<br>Obesity<br>Diabetes<br>Gender<br>Heredity<br>Age<br>High cholesterol levels<br>Stress   | <b>Risk Factors</b>         | Lack of exercise<br>High blood pressure<br>Cigarette smoking<br>Obesity<br>Diabetes<br>Gender<br>Heredity<br>Age<br>High cholesterol levels<br>Stress<br>TIA's (transient ischemic attacks)<br>Previous stroke |
| Have victim sit or lie down in a comfortable position.<br><br><b>!!CALL EMS IMMEDIATELY!!</b><br><br>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.<br><br><b>!!CALL EMS IMMEDIATELY!!</b><br><br>Reassure victim and prevent them from exerting themselves. Perform rescue breathing or CPR if necessary   |

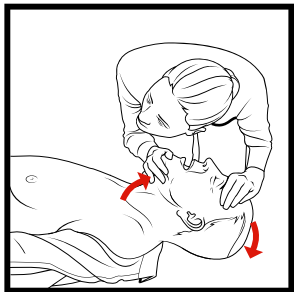
Cut this out, pin it to your wall, Xerox it for a friend  
or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

# CALL



**CALL 911**

# BLOW

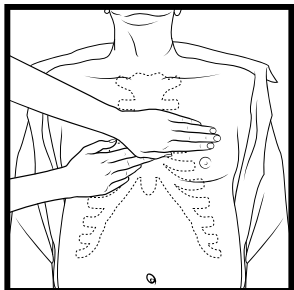


**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**

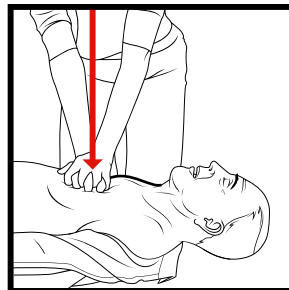


**GIVE TWO  
BREATHS**

# 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**