

**Grade 10 Phys. Ed.**  
**CPR**

**The Emergency Action Plan (what to do when an emergency occurs)**

- **Scene Survey**

1. Are you okay?
2. You stick around! I might need some help!
3. Check for safety (put on gloves if you have any, clear debris, etc)
4. What happened?
5. Can I help you? (Ask for consent)

\*\*Implied Consent: given to a rescuer if the person is unconscious, has a lower level of consciousness, or is under the age of 8.

- **Conscious Victims**

- Breathing victim
  - Treat for shock
  - Roll into recovery position if they are at risk of vomiting
  - Primary & Secondary Survey (administering first aid)
- Non-breathing victim
  - CHOKING
    - Partial blockage or Complete blockage
    - High risk of going unconscious due to lack of oxygen
    - If goes unconscious, CALL 911, BEGIN CPR & AED
      - Partial blockage
        - Encourage coughing for 30 seconds
        - Back blows between shoulder blades until object is clear
        - Repeat until object is clear
      - Complete blockage
        - 5 back blows
        - 5 “J-Thrusts”
        - Continue until object is clear or victim becomes unconscious (CALL 911, BEGIN CPR)

- **Unconscious Victims (CALL 911)**
  - Breathing victim
    - Put in recovery position and keep victim safe
    - Monitor breathing. If they stop breathing, BEGIN CPR & AED
  - Non-breathing victim
    - CPR & AED
    - Check breathing every 2 minutes

### CPR & AED

**CPR = Cardio-Pulmonary Resuscitation**

**AED = Automatic Electronic Defibrillator**

Best combination to use – CPR & AED together

Why do we do CPR?

- To keep good oxygenated blood moving to important organs like the brain
- Very rarely will a person be “brought back to life” through CPR

Keys to CPR

- When performing CPR, it must be done **HARD AND FAST!!!**
- Use two hands, and proper body position to prevent you from getting fatigued quickly
- Pushing down on person’s sternum (chest bone between breast line)
- Continue CPR until ...
  - Paramedics or emergency services arrives
  - Another rescuer can take over

AED’s

- Deploys an electrical charge or shock to the heart to stimulate proper heart function
- Found in most buildings and facilities
  - FRC has 6 AED’s in our school
- VERY Easy to follow instructions when they are deployed