

CPR & AED

YOU COULD SAVE A LIFE.

Recognize. Respond. Take Action.



WHAT IS CARDIAC ARREST?

Cardiac arrest happens when the heart suddenly stops beating due to an electrical problem. The person becomes unresponsive and is not breathing normally or is only gasping. **It is a medical emergency and can happen to anyone, at any age, anytime, anywhere.**

IT'S NOT A HEART ATTACK.

A heart attack is a circulation problem caused by a blocked artery. A heart attack can lead to cardiac arrest, but they are not the same. Cardiac arrest is an electrical problem and requires immediate CPR and the use of an AED.



CHECK — CALL — COMPRESS

DON'T WAIT — EVERY SECOND MATTERS.

1 CHECK *Make sure it's safe.*

- ✓ Check the scene for safety for you and the person.
- ✓ Tap the person and shout, "Are you okay?"
- ✓ Look for normal breathing (for no more than 10 seconds). Gasping or no breathing is not normal.



2 CALL *Call 911.*

- ✓ Call 911 immediately (if you are alone, call first).
- ✓ Tell the dispatcher the person is unresponsive and not breathing normally (or only gasping).
- ✓ If an AED is available, send someone to get it right away.



3 COMPRESS *Start Hands-Only CPR (for teens and adults).*

- ✓ Kneel next to the person.
- ✓ Place the heel of one hand in the center of the chest (between the nipples).
- ✓ Place your other hand on top.
- ✓ Keep your arms straight, shoulders over hands.
- ✓ Push hard and fast at a rate of 100–120 compressions per minute.
- ✓ Push at least 2 inches deep for an adult.
- ✓ Allow the chest to fully recoil after each compression.



Heel of hand
in center
of chest



CONTINUE CPR

- Keep giving compressions until the person begins to breathe, move or EMS/advanced help takes over.
- Follow 911 dispatcher instructions.
- Use an AED as soon as it is available.



EVERY MINUTE COUNTS.

CPR and an AED can double or triple a person's chance of survival.





AED AWARENESS

A SIMPLE DEVICE. A POWERFUL DIFFERENCE.



An AED (Automated External Defibrillator) is a portable device that analyzes the heart's rhythm and can deliver a shock (when appropriate) to help restore a normal heartbeat. AEDs are safe, easy to use and can be used by anyone — no medical training required.



HOW TO USE AN AED

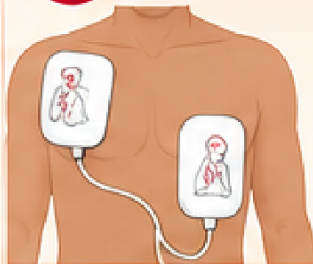
Follow the voice prompts. It will guide you step by step.

1 TURN IT ON



Turn on the AED and follow the voice prompts.

2 ATTACH PADS



Expose the chest and attach the pads to bare skin according to the pad diagrams.

3 ANALYZE



Let the AED analyze the heart rhythm. Do not touch the person during analysis.

4 DELIVER SHOCK (if advised)



If a shock is advised, make sure everyone is clear and follow the device prompt to deliver the shock.

5 RESUME CPR



Immediately resume CPR when instructed. Continue following AED prompts until EMS takes over or the person shows signs of life.

WHERE MIGHT YOU FIND AN AED?



Schools



Workplaces



Gyms and recreation centers



Airports and train stations



Shopping centers



Community centers



Churches and places of worship



Government and public buildings



BE READY BEFORE AN EMERGENCY

- ☐ Learn CPR — it can help you feel confident and prepared.
- ☐ Know where AEDs are located at work, school, church and in your community.
- ☐ Encourage family, friends and coworkers to learn CPR.
- ☐ Refresh your skills regularly.
- ☐ Consider a formal CPR/AED certification course.



IMPORTANT TO KNOW

- Hands-Only CPR (compression-only) is recommended for a witnessed sudden collapse of a teen or adult.
- Infants, children, and situations such as drowning, drug overdose, or breathing-related collapse generally require CPR with breaths and appropriate training and guidance.
- Always follow 911 dispatcher instructions and AED voice prompts.



The Muse Legacy
FOUNDATION

Together, we can create safer communities.

**Your Health Matters.
Your Life Matters.**

For educational purposes only. This resource does not replace CPR/AED certification or individualized medical advice.
In an emergency, call 911. | The Muse Legacy Foundation | Richmond, Virginia | A 501(c)(3) Nonprofit Organization

themuselegacyfoundation.org