

What do you think about when you think of CPR?

- *Inevitably the answer is mouth to mouth or you can lead them to it*

The good news is that mouth to mouth is not only not needed but it is potentially harmful

- *When the heart stops there is about 10 minutes worth of oxygen in the lungs and blood stream to circulate through the body with chest compressions*

When you see an adult collapse suddenly, or find an adult who has collapsed remember to **A.C.T. Now**

Assess – look of any signs of life

Call – call 911 immediately or direct someone to call

Treat – begin chest compressions. Put the palm of your hand on the center of the chest and press hard and fast, 2 compressions per second allowing the chest to completely recoil

A.C.T. Now

Demonstrate for them and then let them practice for 2 minutes each or as long as you think they should

If you have it available use the song “I Will Survive” by Gloria Gaynor which is 120 bpm instead of “Stayin’ Alive” which is only 100 bpm

If you have an AED trainer, instruct them to “Turn it on and follow the voice commands”

A.C.T. Now

A.C.T. Now



A = Assess
Is the person
responsive?



C = Call
Call 911



T = Treat
Start chest compression
or use an AED

A.C.T. Now