



*Do you have 2 minutes to learn how to perform CPR?*

*Maybe you have heard that mouth to mouth was needed, not only is it not needed it is potentially harmful*

*When you see an adult collapse suddenly, or find someone who has collapsed you must **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 to the tune of “I Will Survive”. Use an AED if available, turn it on and follow the voice-guided instructions. Continue CPR until help arrives.

Key Talking Points:

- Ventilation is not needed because there is enough oxygen left in the lungs and vessels
- For every 60 seconds without compression there is a 10% increase chance of not surviving
- Heart attacks and cardiac arrests are not the same thing
- You can't do it wrong. Any attempt is better than nothing. You cannot make their situation worse
- National survivor rates are less than 10%. With good bystander CPR we can get that to 40+%
- An AED used within 5 minutes has around an 80% survival rate
- The number one reason people do not survive is no bystander CPR prior to EMS arrival