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