

AMERICAN SAFETY & HEALTH INSTITUTE

# CPR Pro

for the Professional Rescuer



# *Learning Objectives*

By end of lesson, students should be able to:

- Describe the benefits of the training program.
- Explain the requirements for certification.
- Describe facility safety features.
- Explain the relationship between performing CPR and using an Automated External Defibrillator (AED), and surviving sudden cardiac arrest.
- Explain the importance of universal precautions.
- Demonstrate the proper removal of contaminated gloves.



# Cardiopulmonary Resuscitation (CPR)



- CPR restores some circulating oxygen to brain through chest compressions and rescue breaths.
- CPR can buy critical time in which to provide more specific treatments to re-establish a normal heart rhythm.



### *HAINES Position*



- Place your hand under hollow of the patient's neck to help lift and control head.
- Roll patient towards you and rest head on the extended arm.



# *Bag-Mask Device with Two Rescuers*



## **Rescuer 1**

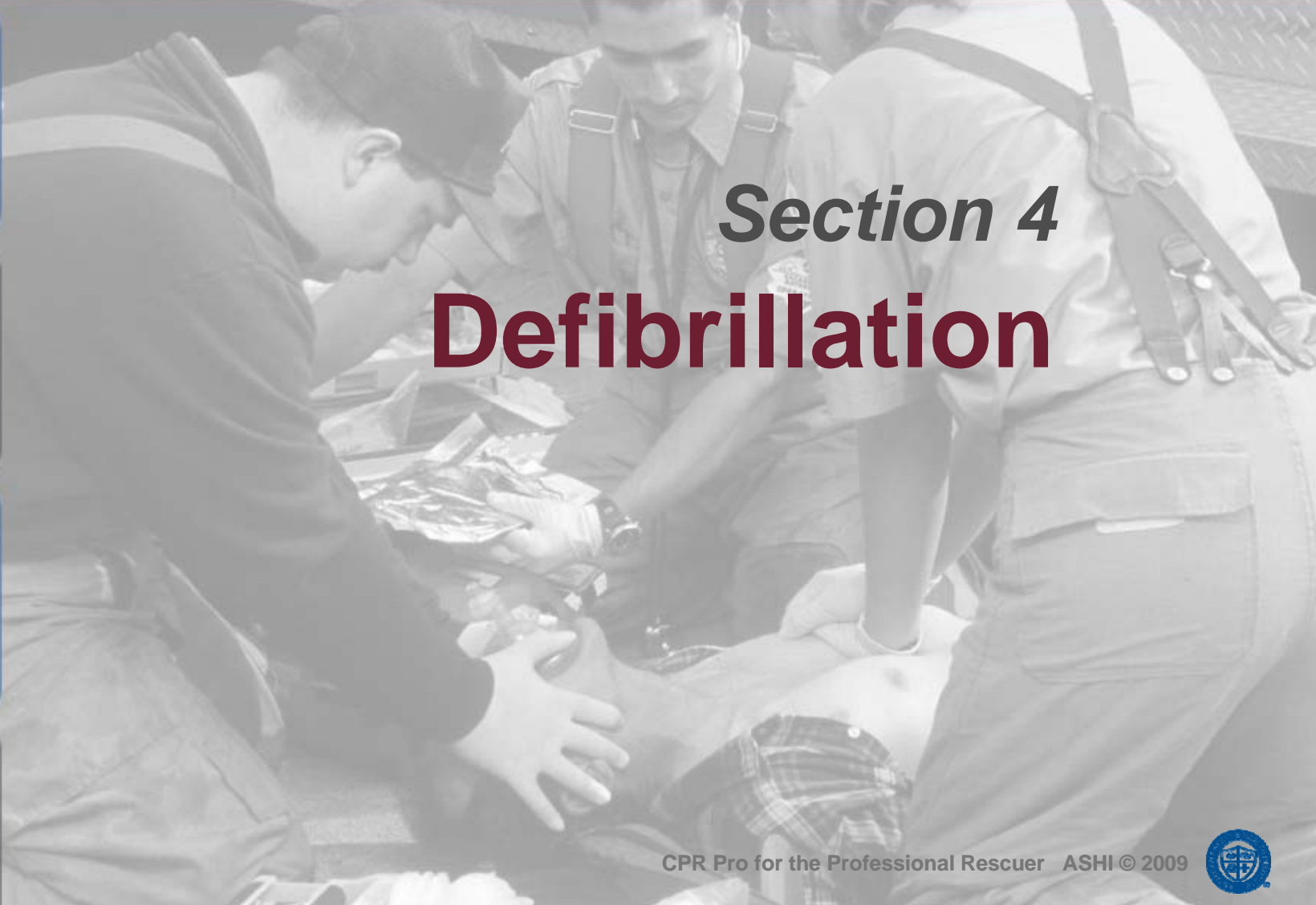
- Position yourself above patient's head and place mask over mouth and nose.
- Hold mask in place with thumbs and heels of hands.
- Hook fingers under angles of jaw, just below ears
- Lift and tilt head backwards. Use counter pressure against cheeks to displace jaw and move it upward.



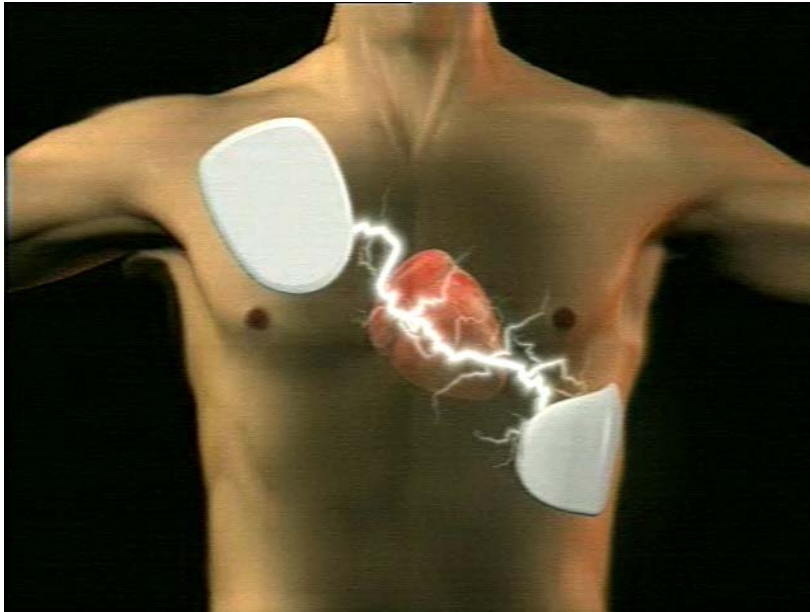


# Section 4

# Defibrillation



# Defibrillation



- Ventricular fibrillation is the most common heart rhythm that occurs in sudden cardiac arrest.
- Survival rates are highest when CPR is performed immediately and defibrillation is provided within 3 to 5 minutes.



# Case Study

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## Choking - Adult

Scenario — While standing in line at the food court, a coworker in front of you starts coughing and gagging loudly. She appears embarrassed and quickly leaves, heading to the restroom.

- What should you do?



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**Thank you  
for Attending  
the Course**

