Skills Demonstration Instructor Guidance

Tell Participants Why They Should Learn Hands-Only CPR

- According to the American Heart Association (2023), 73.4% of all cardiac arrests occur at home – you are most likely to help save a family member or someone you know.
- Hands-Only CPR can help keep the heart and brain of a person alive until EMS arrives.
- Sudden cardiac arrest is an electrical problem with the heart where it stops beating and pumping blood. Without blood flow, the brain stops working, the person collapses and becomes unconscious.
- An AED (automatic external defibrillator) or cardiac defibrillator to restart the heart can be used if available. It is useful, very safe, and easy to use. It may be found at various places in communities (gyms, airports, shopping malls, etc.). AEDs check the person's heart rhythm and recognize when to deliver a shock that is needed to restore the heart back to a normal rhythm.
- Providing CPR without mouth-to-mouth breathing can still save someone's life. There is still oxygen in the blood when a person suffers a sudden cardiac arrest. This oxygen gets circulated to the brain and organs when chest compressions are applied effectively.

Demonstrate The 4 "C" Steps

1. **C**heck for responsiveness:
   - Shake the person and shout, "Are you ok?"
   - If no response, move to step 2.
2. **C**all **9-1-1** for assistance or ask someone to call:
3. **C**ompressions
   - Position the person on the floor (on a hard surface), face up.
   - Kneel beside the person so that your knees touch the person's arm.
   - Place the heel of one hand in the center of the chest (between the nipples) with the other hand on top.
   - Interlace your fingers and make sure they are up off the chest.
   - Lock your elbows to keep your arms straight and put your shoulders over the center of the chest.
   - Push HARD straight downward – at least two (2) inches, 100 – 120 compressions a minute.
   - Allow chest to return to its normal position after each compression
4. **C**ontinue chest compressions until EMS arrives:
   - Don't stop chest compressions if the person gasps (gasping is not a sign of recovery).
   - When tired, switch off with another person.

All Done!

Trainees should get a wallet card and fact sheet after they demonstrate chest compressions on manikin.