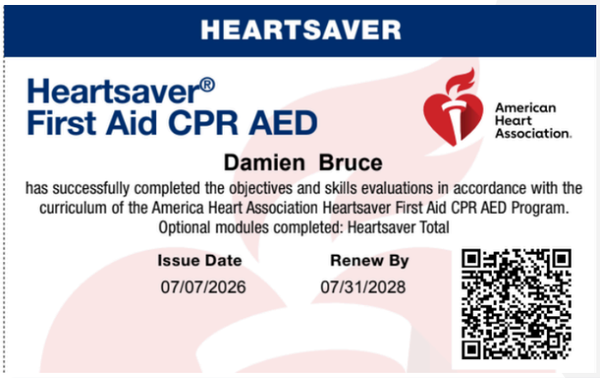
STUDY GUIDE FOR HEARTSAVER

CPR AED + FIRST AID

SAME DAY CPR®



WHAT IS HEARTSAVER?

Heartsaver prepares lay rescuers to recognize emergencies, call 911, give CPR, use an AED, relieve choking, and provide first aid until EMS arrives.

CPR

30 compressions to circulate blood

Breaths

2 breaths—only enough for chest rise

AED

Power on, attach pads, clear, and follow prompts

Emergency Response

Call 911; use speakerphone and send for an AED

UNIVERSAL CHAIN OF SURVIVAL:
RECOGNIZE → ACTIVATE → CPR → AED → POST-ARREST CARE → RECOVERY

- Early Recognition
- Call 911
- High-quality CPR
- Early defibrillation (AED)
- Post-cardiac arrest care
- Recovery

SCENE SAFETY AND ASSESSMENT

1. Make sure the environment is safe for the rescuer
2. Tap and shout “are you ok?”
3. Check for normal breathing (scan the chest for 5 to 10 secs). Gasping is not normal breathing
4. Activating 911: Get someone to call 911, grab an AED. If alone put 911 on speakerphone

ADULT CPR & AED

The core of the course. Emphasize starting compressions immediately—do not move the person to the floor if they are on a bed; start CPR where they are.

- CALL 911 + GET AED
- PUSH HARD at least 2 in (5 cm)
- PUSH FAST 100–120/min
- CONTINUE 30:2 until AED/help

ADULT CPR + AED: 30:2 DECISION FLOW

HEARTSAVER ADULT CPR: COMPRESSIONS → AIRWAY → BREATHS

C — COMPRESSIONS

- **Hands:** lower half of breastbone
- **Depth:** at least 2 in (5 cm)
- **Rate:** 100–120/min; fully recoil between pushes
- **Ratio:** Give 30 compressions

A — AIRWAY

- Open the airway using the head tilt-chin lift.

B — BREATHS

- **Give 2 breaths** with pocket mask or face shield.
- About 1 second each
- Rule: Provide **only enough breath to make the chest rise.** Do not over-ventilate.

AED: POWER ON → BARE CHEST → PADS → CLEAR → SHOCK → CPR

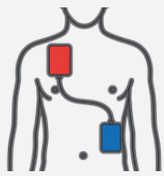
1 POWER ON

Follow the voice prompts.

2 PAD PLACEMENT

Expose bare chest; move clothing and undergarments out of the pad path

3 ATTACH PADS



Upper-right + lower-left. Wipe a wet chest; shave only if pads will not stick

4 STAND CLEAR

Ensure no one is touching the person.

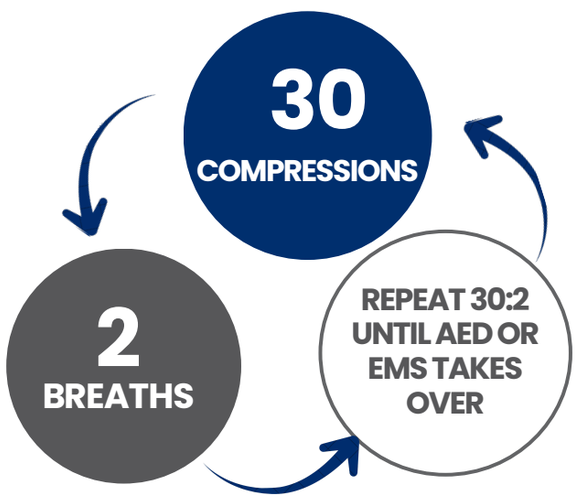
5 SHOCK IF ADVISED

Press shock button if instructed.

6 RESUME CPR

Resume CPR immediately for 2 minutes; follow prompts

RATIO RULE: 30 COMPRESSIONS → 2 BREATHS



EARLY CPR + EARLY AED = BETTER SURVIVAL

For sudden cardiac arrest, immediate bystander CPR and prompt defibrillation can double or triple the chance of survival.

CHILD + INFANT CPR

	CHILD (1 YEAR-PUBERTY)	INFANT (< 1 YEAR)
Asessment	Child protocols mirror adult protocols with minor adjustments for physical size.	Tap the heel of the infant's foot instead of the shoulders.
Hand Placement	1-2 Hands on the lower half of the breastbone	Heel of 1 hand OR 2 thumb-encircling hands
Compression Depth	2 inches (5 cm) deep	2 inches (5 cm) deep
Compression Rate	100-120/min	100-120/min
CPR Ratio (Compression : Breaths)	30:2	30:2
AED Use	Use child/pediatric pads if available. If only adult pads are available, use them. Crucial: Pads must not touch. Place one in the center of the chest and one in the center of the back.	If using a face shield, cover the infant's nose and mouth with your mouth. Give gentle puffs just until the chest rises.

CHILD: 1 YEAR TO SIGNS OF PUBERTY

- Hands: 1 or 2 on lower half of breastbone
- Depth: about 2 in (5 cm)
- Rate: 100–120/min
- Ratio: 30:2
- AED: pediatric pads preferred; adult pads OK if they do not touch (front/back if needed)

INFANT: YOUNGER THAN 1 YEAR

- Hands: 2-thumb encircling or heel of 1 hand
- Depth: about 1.5 in (4 cm)
- Rate: 100–120/min
- Ratio: 30:2
- AED: pediatric pads preferred; adult pads OK if they do not touch

BREATHS WITH CHILD CPR: OPEN → BREATHE → WATCH → REPEAT

1 OPEN AIRWAY

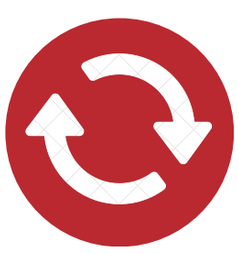
Use head-tilt/chin-lift unless trauma is suspected.

2 GIVE BREATHS

Give 2 breaths using a pocket mask or face shield.

3 WATCH CHEST

Give only enough air for visible chest rise.



4 REPEAT CYCLE

Continue 30:2 until the AED or EMS arrives.

CHOKING RELIEF (CONCIOUS & UNRESPONSIVE)

	CONCIOUS ADULT AND CHILD	CONCIOUS INFANT (< 1 YEAR)	UNRESPONSIVE (ALL AGES)
Action	Alternate **5 back blows and 5 chest thrusts.**		If a choking victim passes out, ease them to the ground and start CPR immediately (do not check for a pulse).
Technique	Repeat the 5-and-5 cycle until the object is forced out or the person becomes unresponsive.	Support the infant face-down on your forearm for back blows. Flip them face-up for chest thrusts. Chest thrusts must be done with the heel of 1 hand. Abdominal thrusts are strictly prohibited.hands	
Modification			Every time you open the airway to give breaths, look in the mouth. If you see the object and can easily grab it, sweep it out. If you don't see it, do not perform a blind finger sweep

OPIOID-ASSOCIATED EMERGENCIES

RECOGNITION	ACTION	INTEGRATION
Look for signs of an overdose—unresponsiveness, slow/shallow breathing or no breathing, and blue/gray lips or skin.	If an overdose is suspected and the person is unresponsive, call 911, get the AED, and administer Naloxone (Narcan) nasal spray if available.	Do not wait for the Naloxone to work. Begin standard CPR immediately after administration.

HEARTSAVER COURSE DETAILS

AUDIENCE

General public / workplace rescuers

CREDENTIAL

Course eCard valid 2 years

COURSE LENGTH

Approximately 2–5 hours; varies by path

FORMAT

Classroom • blended • self-guided

REMEMBER: Recognize quickly, call 911 early, give care within your training, and monitor until EMS arrives.

EDUCATIONAL USE ONLY: This guide supports—but does not replace—an approved Heartsaver course, current AHA materials, local protocols, or professional medical advice.

SAME DAY CPR®