



# Clallam County Fire District 3

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Motto: *Serve, Respect,  
Prevent and Protect*

## CPR Saves Lives

Cardiac arrest is a very serious medical condition. During a cardiac arrest the heart stops beating effectively and does not efficiently pump blood to the body's essential organs. The cessation of life can occur within minutes unless treatment is started.

During a cardiac arrest, CPR needs to be performed. When it comes to patient outcome, the public plays the most crucial role in the Chain-of-Survival, which includes five key components:

1. Recognition of cardiac arrest and activation of the emergency response system.
2. Cardiopulmonary resuscitation (CPR) – with an emphasis on chest compressions.
3. Rapid defibrillation.
4. Effective advanced life support.
5. Integrated post-cardiac arrest care.

The key role that the public plays in the chain of survival involves the first three steps; these steps have a direct correlation on the outcome of the patient. Chain of Survival steps can be accomplished simultaneously if more than one person is present.

American Heart Association (AHA) made some changes to CPR guidelines in 2010. The sequence is now: Chest Compressions, Airway, and Breathing (CAB). AHA was finding that there was too long of a delay to get to chest compressions (which is extremely important to good patient outcome.)



A stronger emphasis on High-Quality CPR this means:

- ◆ Compression rate of 100 – 120/min.
- ◆ 30 compressions to 2 breaths. If possible switch at 5 rounds. Each breath 1 second in length, create a visible rise in chest, but not more.
- ◆ Chest depth of at least 2 inches in Adults, about 2” in children, approximately 1 ½” in infants.
- ◆ Remember to allow complete chest recoil, MINIMIZE interruptions in compressions! Look, listen, and feel have been REMOVED – go straight to chest compressions! AED use: use an AED on children and infants with adult pads – IF – no other options are available. Avoid excess ventilation.

You can make a difference with your actions. Do not hesitate to provide compressions only!