

It's Everybody's Job!

Do you know how to help save a life at Canyon Lake UMC?

Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR.

1. In case you must respond to someone's not breathing, ask for help getting the person onto the floor. Clear the person's airway (head back, chin tilt up) and begin CPR.
2. Direct someone to call 911. If no cell phone is available, use the phone in the parlor by the kitchen area or in the CLC inside the kitchen door.
3. Direct someone else to bring the AED —automated external defibrillator (AED) is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm.
4. If someone else has started CPR, and you are trained in CPR, volunteer to help and switch every two minutes. Hands-only CPR without rescue breaths is fine.
5. Compression rate-100-120 per minute—Adult compression on center of chest at least 2 inches deep. (See chart on back.) Use 5 cycles of 30 rapid deep compressions with 2 gentle breaths between each 30 compressions equals two minutes. Then switch with someone if you can.
6. Know the locations of the AED boxes (See pictures on the back.) Most people recently trained in CPR have also been trained in using the AED. Once the box is opened, follow the prompts.
7. When should you stop using CPR? Only when the EMTs arrive or the person has clearly revived!

WHY is using an AED important when it is available? An AED increases survival chances 4-5 times more than CPR alone.

Why should I take CPR training? Knowing CPR gives peace of mind no matter where you are. Statistics show that 4 out of 5 cardiac arrests that occur outside of the hospital happen in the home – the place we eat, sleep, and spend time with family. **Want a brush-up until the next time we offer CPR/AED here?** Watch a training video online until you can take a hands-on training. <https://www.youtube.com/watch?v=hW0Do2-J8rl> There's a hot link to this on our website at clumc.com.

