

CATHOLIC DIOCESE OF MEMPHIS

CPR Awareness Presentation

**"Be Prepared to Help When Every
Second Counts."**

Matthew 25:40

***"Whatever you did for one of
the least of these My brethren,
you did for Me."***



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Why CPR Matters

Over 350,000 out-of-hospital cardiac arrests occur annually in the U.S.

Survival decreases approximately 7–10% for every minute CPR and defibrillation are delayed.

Immediate CPR can double or even triple a person's chance of survival.

Anyone can save a life.



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

What Is Cardiac Arrest?

Cardiac Arrest: Electrical problem, heart stops, CPR must start immediately. The victim is unconscious and unresponsive.

Heart Attack: Circulation problem, heart still beats, CPR only if unconscious.

Rapid recognition and response save lives. CPR and AED use are critical in cardiac arrest, while heart attack requires urgent medical care to prevent progression to cardiac arrest.

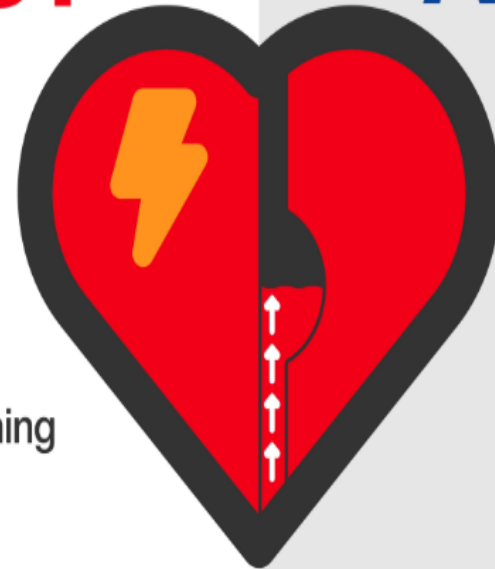


CARDIAC ARREST

VS

HEART ATTACK

- Unconscious
- Unresponsive
- Absent or abnormal breathing



- Chest pain
- Difficulty breathing
- Nauseous
- Light-headed

Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Recognizing Cardiac Arrest

During a cardiac arrest, a person is UNRESPONSIVE, not breathing normally or only gasping.

If these signs are present, you must call 911, get an AED and begin CPR immediately.

Remember immediate CPR can double or even triple a person's chance of survival.



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Adult CPR Steps

Before anything make certain the scene is safe. If safe, check the victim for responsiveness.

If available have someone call 911 and tell someone else to get an AED. If no one is available, call 911. Place the phone on speaker mode and begin CPR.

Begin chest compressions, give rescue breaths only if you have been trained.



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Chest Compressions

Remove any bulky clothing and find the center of the chest.

Compressions are performed HARD and FAST at a rate of 100 – 120 compressions per minute.

Compressions should be at least 2 inches deep.

Allow the chest to completely recoil.



Proper Techniques for Chest Compressions.



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Common CPR Mistakes

Compressions are performed too slow and they are too shallow.

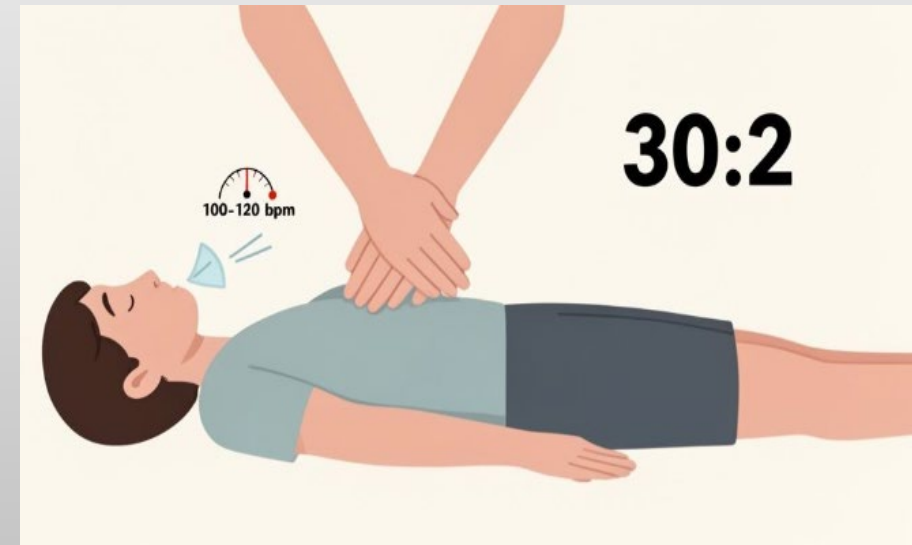
Leaning on the chest rather than pushing straight down.

There are long pauses between sets of compressions.

Forgetting to have someone call 911 and not sending someone to get an AED.



5 cycles of 30 compressions and 2 breaths every 2 minutes until help arrives



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

Church & School Emergency Response

Know your AED and First Aid kit locations.

Know where all your emergency exits are located.

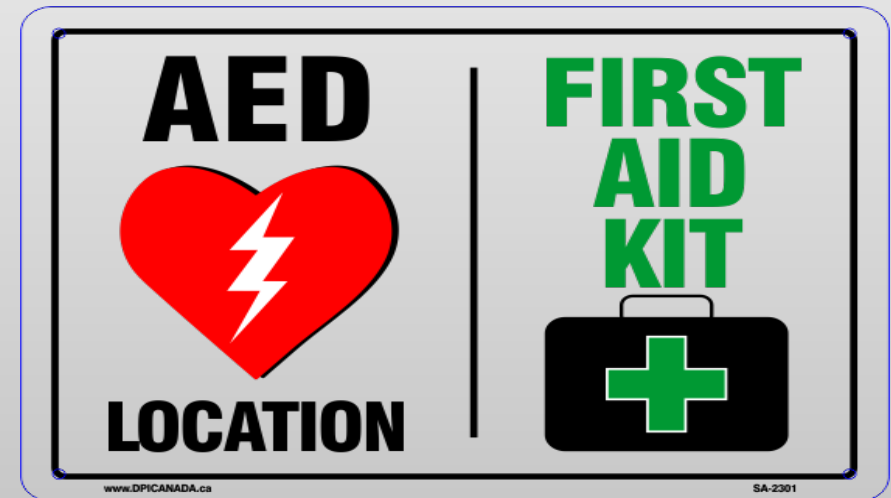
Know your emergency contact procedures.

Know who to notify after emergency responders arrive.



Why 3 minutes

For every minute defibrillation is delayed in a cardiac arrest the victim's chance of survival drops by about 7–10%



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.

CATHOLIC DIOCESE OF MEMPHIS

CPR Awareness Presentation

Max Howard
Associate Director of Safety & Security
Email: max.howard@cc.cdom.org
Office: 901-373-1238



"The greatest gift you can give someone in a medical emergency is your willingness to act. You don't have to be a doctor to save a life—you just have to be prepared."



Thank you for your commitment to the safety and well-being of our Diocese, our schools, our parishes, and our community.



Note: This presentation is intended as CPR awareness training. It is not a substitute for an accredited CPR/AED certification course complete with hands-on skills evaluation.