

TOP FORM, INC.



CPR / AED

INFORMATION AND SKILLS PRESENTATION

TOP FORM, INC.



LIVE IT!

Corporate Structure

**SPORTS MEDICINE
&
PERFORMANCE
CENTER**

**EDUCATION
CENTER**

**NUTRITION
MANAGEMENT
CENTER**

FRANCHISING

**ATHLETIC
TRAINER
CENTER**

TOP FORM



The REAL Problem

- CVD
- Thought you were healthy
- Heart Attach
- Prevention
 - Nutrition =What Mr Top Form Does=Purium
 - Exercise

TOP FORM



Before Providing Care

- Look for signs of an emergency
 - ❖ Noises
 - ❖ Odors
 - ❖ Unusual Behaviors / Appearances
- Obtain Consent!!!
- Removal of an Injured Person
 - When?
 - Scene become unsafe
 - Need to get to another victim with a more serious injury
 - Need to move them to give emergency care
- Standard Precautions
 - Gloves
 - Face Shield
 - Why?



Check / Call /Care

- Steps of an Emergency
 - Check
 - Danger
 - Bystanders
 - The Victim
 - Tap and Shout
 - ❖ “Are You OK”
 - Call
 - When to Call?
 - 911 or Emergency #
 - Get an AED
 - Care
 - A, B, C Sign’s of Life

TOP FORM



Look for Signs of Life

- Look For: BREATHING
- Look For Signs of LIFE: Circulation
 - Check Pulse
 - Normal Breathing
 - Movement
- Check for **NO MORE** than **10 Seconds!**
 - **Movement / Normal Breathing**
- Start Compressions 30:2breaths

TOP FORM



CPR

- Why do we do CPR?
- IF THERE ARE NO SIGNS OF LIFE AND BREATHS GO IN = BEGIN CPR
 - Compress the chest 30 times / 2 Breaths
 - Rate of 5 Cycles in 2 min/100min
 - -Compress at least 2"
 - **CONTINUE UNTIL:**
 - 911 help arrives
 - Someone with equal or higher training takes over
 - You become too exhausted to continue/Switch every two minutes if needed
 - An AED is ready to use
 - Or there are normal signs of life!

TOP FORM



Conscious Choking

- Signs of Troubled Breathing
 - Noisy or painful breathing
 - Unusually deep or shallow breathing
 - Changes in skin color
- REMEMBER!
 - Check, Call, CONSENT, & Care!!!
- CARE
 - 5 Back Blows
 - Palm of Hand between the shoulder blades
 - Good base of Support!!!
 - 5 Abdominal Thrusts (Heimlich Maneuver)
 - Hand in a fist, thumb side in, just above the belly-button, up and in.
 - Good base of Support!!!
 - Until something comes out or they go unconscious.



Unconscious Choking

- Check / Call / Care
- IF BREATHS DO NOT GO IN
 - Re-Tilt and Try Again
 - Still Do Not go in = Choking
 - 30 chest compressions / Look in mouth (remove object if needed) / 2 breaths / Continue Compressions, look, and breaths until the object is removed and breaths go in or more advanced help arrives. CPR!

TOP FORM



AED

- Why do we want to use?
- TURN IT ON!!! (Make sure you have checked for signs of life first!)
- Pads = Upper R / Lower L ON THE VICTIM
 - may need to plug in connector also
- ANALYZE
 - Stand Clear – DO NOT touch the victim
 - May need to push button
- SHOCK
 - STAND CLEAR!!!
 - ❖ If touching – AED may not deliver enough charge
 - ❖ You and / or a bystander may be injured by the shock
 - ❖ You might prevent the AED from analyzing the heart rhythm correctly
 - If not needed AED will tell you to begin CPR
 - If needed AED will charge and then tell you to push the shock button – it will then tell you no shock advised and you will resume CPR

TOP FORM



AED

- Early Defibrillation will save more lives of people in cardiac arrest!
- Every minute it is delayed reduces the survival rate by 10%
- Medical Patches, Jewelry, Metal, etc. in the area need to be removed!!!
- **DO NOT USE ON CONDUCTIVE SURFACES!!!**



Additional Information / Review

- Heart Attack
 - Signs and Symptoms
- Shock
 - What to do?
- Recovery Position
- June Classes
- Questions???
- TEST TIME!!!

