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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



CPR AND AED AWARENESS WEEK

June 1st through June 7th is National CPR and AED Awareness Week. The Center for Disease Control and Prevention (CDC) reports that more than 356,000 people experience cardiac arrest outside of a hospital setting every year and 60-80% of those people die before reaching the hospital. If there was only something that could be done to improve the survival rate? Good news, there is! By performing CPR in the first few minutes of cardiac arrest, you can double or triple a person's chance of survival (CDC).

Recognizing that an emergency is happening is the first step in emergency care. Before you can react and provide care for someone, you have to be able to recognize that something is wrong. According to the CDC, someone may be in cardiac arrest if they collapse suddenly and lose consciousness (pass out), are not breathing, don't respond to shouting or shaking, and don't have a pulse. If you recognize these signs are happening, the next steps are to call 9-1-1 right away, look for an automated external defibrillator (AED), and give CPR until EMS or advanced medical care arrives. Not comfortable giving a stranger mouth to mouth? That's ok- you can provide hands-only CPR.

Here are the steps from the American Red Cross for hands-only CPR:

1. Ensure the person is on their back on a firm, flat surface
2. Kneel beside the person
 - Your knees should be near the person's body and spread about shoulder width apart
3. Use correct hand placement
 - Place the heel of one hand in the center of their chest, with your other hand on top
 - Interlace your fingers and make sure they are up off the chest
4. Use correct body position
 - Position your body so that your shoulders are directly over your hands
 - Lock your elbows to keep your arms straight
5. Give continuous compressions
 - Push hard and fast (at least 2 inches; 100 to 120 compressions per minute)
6. Allow chest to return to its normal position after each compression

Want to learn more about CPR and how to use an AED? The Morgan County Health Department (MCHD) provides CPR classes for the community and organizations. Call our office and ask to speak with our CPR instructor (740)-962-4572.