

# HOW TO GET



# CPR CERTIFIED

### CPR Myth :

"I can learn CPR by watching a video online."  
The only effective method of learning CPR is through hands-on practice.



# INFANT & CHILD

EVERYTHING YOU NEED TO KNOW ABOUT GIVING CPR TO A INFANT OR CHILD

- 1 Approach the child/infant and see if they are responsive or an airway is blocked
- 2 If unresponsive and no airway is blocked immediately call 911 and begin CPR



Compress 30 times at 100-120 times per minute.

Chest should expand after every compression and go at least **1.5 inches**.



Choose a song to go to the beat of such as Crazy in Love by Beyonce

Chest should expand after every compression and go at least **2 inches**.



# THE DO'S & DON'TS OF HAND PLACEMENT



# THE POWER IS IN YOUR HANDS

NATIONAL CPR WEEK  
JUNE 1-7



Highlighting the potential life-saving benefits of CPR training

# THE GOOD SAMARITAN LAW

WHAT EXACTLY DOES IT MEAN?

In the case of a cardiac emergency, you do not have to be CPR certified to give chest compressions.

Good Samaritan laws are in place to encourage bystanders in emergency situations to get involved without fear that they will be sued in the case that something bad happens that contributes to injury or death.

## HANDS ONLY CPR

A guide on how to save a life



- 1 Approach the person and see if they are responsive
- 2 If unresponsive and no airway is blocked immediately call 911 and begin CPR.

### 3. Begin CPR

- First hand flat on center of chest then take your second hand and wrap around first hand
- Chest should expand after every compression and go at least 2 inches deep.
- Compress 100-120 times per minute. Choose a song to go to the beat of such as Poker Face by Lady Gaga or Drunk in Love by Beyonce
- Continue til help arrives

YOU ARE PROTECTED BY THE GOOD SAMARITAN ACT

### CPR Myth :

You'll be required to perform "mouth-to-mouth" on a stranger

