

LEARN CPR

You Can Do It!

Why Learn CPR?

- After the heart stops beating, you have only 4-6 minutes before lack of oxygen results in brain damage or death.
- Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim.
- Accidental injuries are the leading cause of death in children and send over 16 million children a year to the emergency room.
- Over 1.5 million heart attacks occur each year and approximately 350,000 of these victims die before ever reaching a hospital.
- The #1 killer is a combination of heart attacks and accidents. They claim a life every 34 seconds. (US)
- Approximately 45% of all heart attacks occur in people under 65.



Cardiopulmonary Resuscitation

Ideally, CPR involves two elements: Chest compressions combined with mouth-to-mouth rescue breathing.

However, what you as a bystander actually should do in an emergency situation really depends on your knowledge and comfort level.

The bottom line is that it's far better to do something than to do nothing at all. If you are fearful of your knowledge or abilities, remember the difference between you doing something and doing nothing could be someone's life.

At a minimum, administer chest compressions of about two per second until help arrives. This alone could keep the oxygen flowing to the brain.

Safety Meeting Resources

Keyword: CPR

PureSafety Course: CPR/AED Training

http://www.redcross.org/pressrelease/0,1077,0_489_2386,00.html

Adult CPR First Aid Training by NDOR HR Safety Team

Research your topic and use these simple questions and steps to get your safety meeting off on the right foot!

1. Discuss why this topic is important to NDOR employees.
2. How does it affect me and my co-workers?
3. Call your HR Safety Team to schedule a CPR Class. (min 6)
4. Do you have a personal story you can share with the group?
5. Review your shop's emergency protocol.