

CPR/AED CHEAT SHEET

The Founder of Greg Moyer AED Fund, Rachel Moyer, travels around the country to facilitate CPR/AED training and/or automated external defibrillator (AED) placement. To schedule a training, please call **570-421-9993**.

What are the basic steps for Adult CPR?



Tap and shout!



Call for help

Send someone to call 9-1-1 and get an AED.



Look for no breathing or only gasping



Start CPR

Push hard and fast at a rate of 100-120 compressions per minute. Give 30 compressions.



Open the airways

Give 2 breathes.



Repeat sets of 30 compressions & 2 breathes



Use an AED

When the AED arrives, turn it on and follow the prompts.

Heart Attacks: Knowing the Signs

- Uncomfortable pressure, squeezing, fullness, or pain in the center of the chest that last for more than a few minutes or that goes away and comes back.
- Uncomfortable feeling in one or both arms, the neck, the jaw or the back between the shoulder blades.
- Shortness of breath with or without chest discomfort.
- Other signs can include cold sweat, nausea, or light-headedness.

Heart Attacks: What Can You Do

- Make sure the person stays calm and rests. Phone or have someone phone 9-1-1.
- Ask someone to get the first aid kit and AED if available.
- If the person has no allergy to aspirin, no serious bleeding, and no signs of a stroke, have the person chew and swallow 1 adult or 2 low-dose aspirins.
- If the person becomes unresponsive, be prepared to perform CPR.