



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play

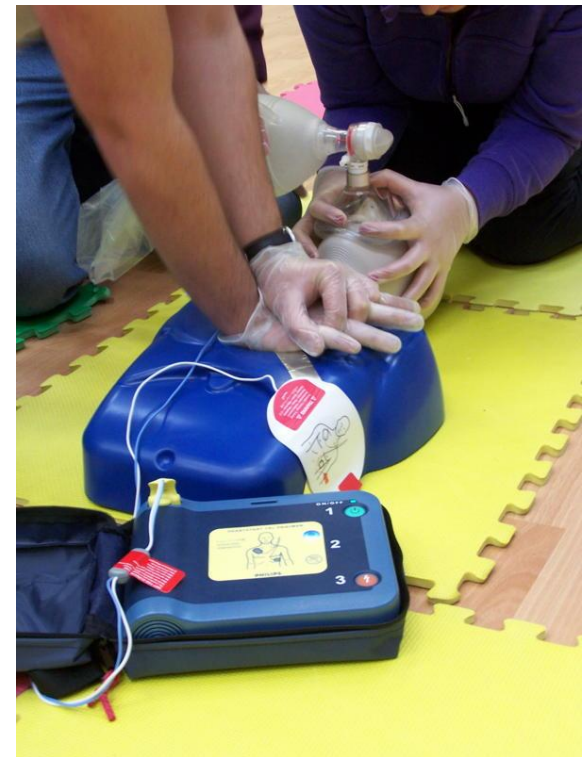


# CPR Protocols



## Agenda:

- CPR Up-date for 2011
- Choking protocol for 2011
- The use of AED



# CPR for 2011:



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- Tap & Shout
- Call for Medical help (911)
- Open the airway and check for breathing
- If the casualty is not breathing:
  - Give 30 chest compressions
  - Followed by 2 rescue breaths
  - Continue 30:2 until medical help arrives





# Choking for 2011:

- Assess seriousness of choking
- (Ask – Are you choking?)
- Give 5 back bows followed by 5 abdominal thrusts
- Continue until the object is relieved or the casualty goes unconscious.
- If the casualty goes unconscious, call 911 and begin CPR.

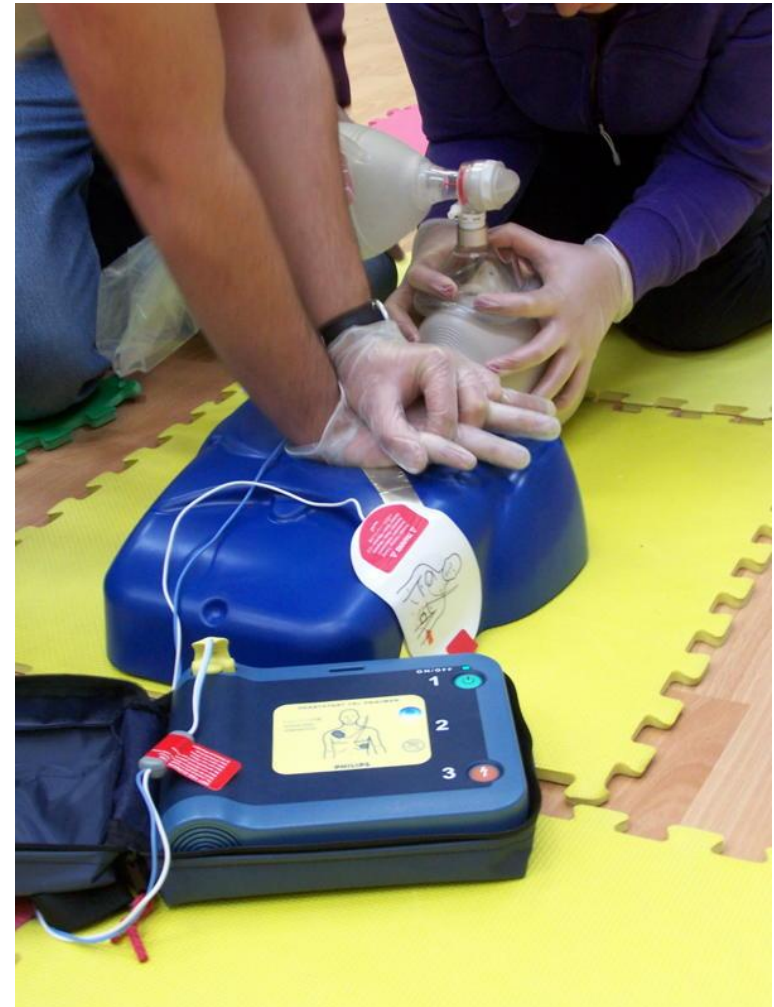


# AED



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- Can help restore a normal heart beat
- Can be used for all ages
- Turn it on and follow prompts





## Questions? Concerns?



# St John