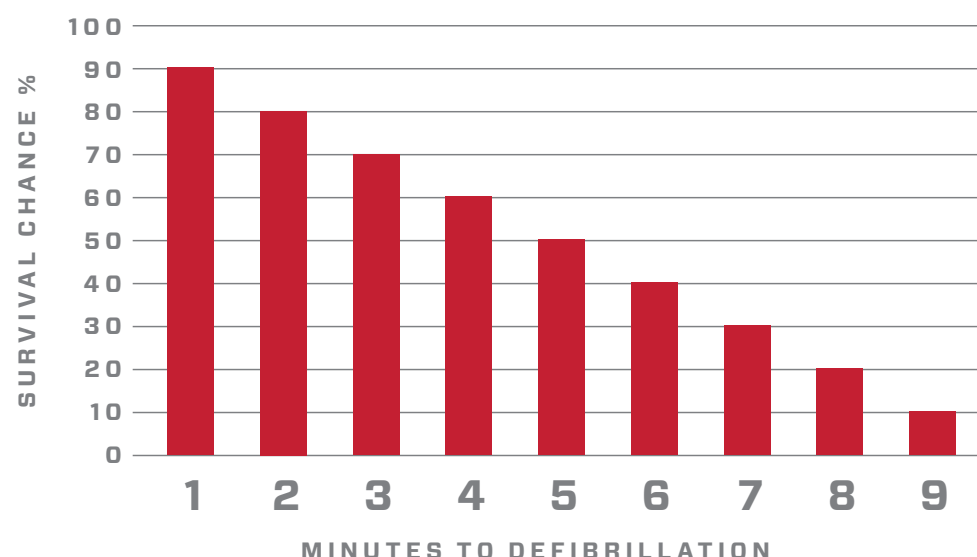


**BASIC CARDIAC ARREST/AED STEPS****STEP 1 CALL 9-1-1****STEP 2 DO HANDS-ONLY CPR (CHEST COMPRESSIONS)**

- Push hard and fast on the chest
- 100 times per minute, 2 inches deep
- The 9-1-1 dispatchers can remind you how to do it if you don't know how

**STEP 3 FIND AND USE AN AED (SEND SOMEONE TO FIND ONE)****CHANCE OF SURVIVAL FROM CARDIAC ARREST****TRADITIONAL CPR VS. HANDS-ONLY CPR****TRADITIONAL CPR**

1. Gently shake victim to check if conscious
2. Do mouth-to-mouth ventilations
3. Do chest compressions
4. Alternate cycles of mouth-to-mouth ventilations and chest compressions

Hard to remember, perform, teach, requires mouth-to-mouth contact and is useful for victims younger than 12 years old and drowning

**HANDS-ONLY CPR**

1. CHECK if victim is conscious
2. CALL 9-1-1 if not conscious
3. COMPRESS – Do Hands-Only CPR
4. NO mouth-to-mouth ventilation is needed

Easy to remember, perform, teach, does NOT require mouth-to-mouth contact and is useful for adults and non-drowning victims

**AUTOMATED EXTERNAL DEFIBRILLATOR (AED)****An AED**

- Restarts the heart with a shock
- Talks to you! And tells you what to do
- Will not deliver an unnecessary shock
- If used correctly, it can save a life
- SAFE and EASY to use

**How to use an AED:**

1. Open the AED unit
2. Turn the AED unit ON
3. Listen to the voice prompts
4. Take out the Pads
5. Peel the pads off the lining
6. Place the pads on the patient's base skin exactly as shown on each pad
7. Follow the voice instructions

**AED TRAINING RECOMMENDATIONS**

- Implement a CPR and AED educational training program in your club
- Consider annual training for 10 years old and older
- Show or send the training video to all of the players and coaches
- Follow your state laws on AED requirements
- Consider having an on-site AED that is visible and accessible at all times
- Create a culture of safety around cardiac health