



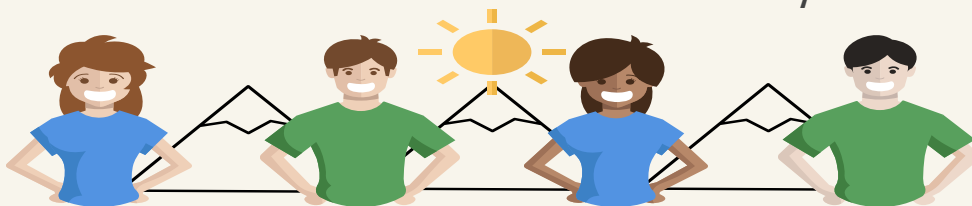
Hands Only CPR and Pulsepoint



TOGETHER WE SAVE LIVES

THE CHAIN OF SURVIVAL IS ONLY AS STRONG AS WE MAKE IT

Create a culture of action in our Community



A CALL TO ACTION

Sudden cardiac arrest can happen to anyone, at any time, but **PulsePoint** Respond empowers CPR-trained citizens to help improve patient outcomes and save lives by reducing collapse-to-CPR and collapse-to-defibrillation times. And when citizens are more aware of and engaged with the health of their community, they become better partners with your agency—and a stronger link in your response efforts.

LEARN CPR. GET THE APP. SAVE A LIFE.



PROXIMITY TO VICTIM



For extremely time sensitive emergencies like cardiac arrest, notifying “first-first responders” that are in the immediate vicinity of an event, simultaneously with the conventional Fire/EMS response, offers the potential to improve outcomes. By expanding situational awareness beyond the purview of a traditional witnessed arrest radius, the opportunity to instantly draw skilled individuals, including off-duty health care professionals, grows, enabling critical life sustaining BLS interventions to begin sooner and more often, and potentially of higher quality.



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Before Giving CPR

1

Check the scene and the person. Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.

2

Call 911 for assistance. If there's no response from the victim when asked if he or she is OK, call 911, or ask a bystander to call for help.

3

Begin compressions. If the person is unresponsive, perform hands-only CPR.

How to Perform Hands-Only CPR

1

Kneel beside the person who needs help.

2

Place the heel of one hand on the center of the chest.

3

Place the heel of the other hand on top of the first hand, then lace your fingers together.

4

Position your body so that your shoulders are directly over your hands, and keep your arms straight.

5

Push hard, push fast. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. (Just be sure to let chest rise completely between compressions.)

6

Keep pushing. Continue hands-only CPR until you see obvious signs of life, like breathing, another trained responder or EMS professional can take over, you're too exhausted to continue, an AED becomes available, or the scene becomes unsafe.

