

Bystander CPR/AED Overview

Thank you for attending Swedish Covenant Hospital's Bystander CPR/AED Training Session. This program was made possible through a grant from Illinois Heart Rescue and Swedish Covenant Hospital Foundation. Bystander CPR is a critical link in the chain of survival. Studies show that for every minute of delay before starting CPR, survival decreases 10%. As the minutes tick by, the likelihood of a victim dying or suffering permanent brain damage increases. Waiting for an ambulance is not an option.

Watch a short video to review how to respond if you witness someone in cardiac arrest: [SwedishCovenant.org/SaveALife](https://www.SwedishCovenant.org/SaveALife).

Hands-Only CPR

1. Survey the Scene

- Look at what's going on around you. Is it safe for you to help them?
- Try to wake up the victim and check if they're breathing.
- If they do not respond, call 911.
- If they are not breathing, begin chest compressions.

2. Begin Chest Compressions

- Position the heel of your hand in the center of the victim's chest, at the breastbone.
- Place your other hand on top of the first and interlace your fingers.
- With your shoulders above your hands and your arms straight, push down hard and fast.
- Compress the chest at least two inches and let it completely rise before pushing down again.
- To deliver compressions at the correct speed (100-120 per minute) consider a familiar song at the same tempo, such as "Stayin' Alive" by the Bee Gees.

3. Continue Chest Compressions Until...

- The victim begins to breathe.
- Another trained individual can take over.
- Emergency specialists arrive and take over.
- You become too exhausted to continue delivering compressions.
- An AED has been prepared.
- You feel your safety is threatened.

Note: If other bystanders are available, you can coach them to take over compressions when you need to take a break. It is important to keep the same rhythm (without any breaks or delays) once compressions have begun.

Automated External Defibrillator (AED)

- An AED is a portable device that can deliver an electric shock to restore normal heart rhythm.
- If an AED is available, continue compressions until it is prepared for application.
- After turning on the AED, audio prompts will provide step-by-step instructions on how to use the device.

About Swedish Covenant Hospital

Swedish Covenant Hospital is Chicago's leading independent, nonprofit teaching hospital, with 500 board-certified doctors and advanced practice providers from some of the top medical schools and residency/fellowship programs in the country. For more than 130 years, the hospital has continually evolved to offer more than 50 academic-level specialties utilizing the latest, most advanced technology and procedures available. Swedish Covenant Hospital is an award-winning and Magnet®-recognized facility, delivering world-class care with the compassion and attention of a faith-based community organization.

Hands-Only CPR Pocket Guide

1. If person is not breathing normally, or is not responding to their name, call **911** and start CPR.
2. Start hard and fast chest compressions immediately (arms straight, hands interlocked and over center of chest, to beat of "Stayin' Alive")
3. Don't stop until emergency personnel arrive and take over.
4. Use AED by following device's simple audio prompts.

A person's chance of survival significantly increases with bystander CPR. You can make a difference!

Watch a video and learn more at [SwedishCovenant.org/SaveALife](https://www.SwedishCovenant.org/SaveALife).



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