

Bystander CPR/AED Overview

Swedish
Hospital

Part of
NorthShore

This program is made possible through a grant from Illinois Heart Rescue and generous support from Swedish Hospital Foundation.

Thank you for attending Swedish Hospital's Bystander CPR/AED Training Session. This program was made possible through a grant from Illinois Heart Rescue and Swedish 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 Hospital

Swedish Hospital has been serving Chicago's diverse north and northwest sides for more than 130 years, providing the full range of comprehensive health and wellness services including an acute care hospital, primary care and specialists in the medical group, strong community outreach programs and Chicago's only certified medical fitness center, Galter LifeCenter.

Hands-Only CPR Pocket Guide

1. If person is not breathing, call 911.
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)**.