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Details:

(FORM UPDATED: 08/11/2010)

WISCONSIN STATE LEGISLATURE ... PUBLIC HEARING - COMMITTEE RECORDS

2009-10

(session year)

Senate

(Assembly, Senate or Joint)

Committee on ... Education (SC-Ed)

COMMITTEE NOTICES ...

- Committee Reports ... **CR**
- Executive Sessions ... **ES**
- Public Hearings ... **PH**

INFORMATION COLLECTED BY COMMITTEE FOR AND AGAINST PROPOSAL

- Appointments ... **Appt** (w/Record of Comm. Proceedings)
- Clearinghouse Rules ... **CRule** (w/Record of Comm. Proceedings)
- Hearing Records ... bills and resolutions (w/Record of Comm. Proceedings)
(**ab** = Assembly Bill) (**ar** = Assembly Resolution) (**ajr** = Assembly Joint Resolution)
(**sb** = Senate Bill) (**sr** = Senate Resolution) (**sjr** = Senate Joint Resolution)
- Miscellaneous ... **Misc**

* Contents organized for archiving by: Gigi Godwin (LRB) (August/2011)

Senate

Record of Committee Proceedings

Committee on Education

Senate Bill 686

Relating to: providing instruction in cardiopulmonary resuscitation, cardiocerebral resuscitation, and the use of an automated external defibrillator to high school pupils.

By Senators Hansen, Carpenter, Risser and Taylor; cosponsored by Representatives Zigmunt, Berceau, Hebl, Hilgenberg, Hixson, Kaufert, Sinicki, Soletski, Steinbrink, Vruwink, A. Williams, Young and Zepnick.

April 13, 2010 Referred to Committee on Education.

April 19, 2010 **PUBLIC HEARING HELD**

Present: (0) None.
Absent: (0) None.

Appearances For

- Tom Mooney, Madison — American Red Cross
- Dennis Grejczyk, Sun Prairie — Pulse Check Plus
- Paul Stiegler, Middleton — Dr., Dane County EMS
- Ted Zigmunt, Francis Creek — Rep., 2nd Assembly District

Appearances Against

- Matt Kussow, Madison — Wisconsin Council of Religious and Independent Schools

Appearances for Information Only

- None.

Registrations For

- Luke Rollins, Madison — American Heart Association
- Jennifer Kammerud, Madison — Department of Public Instruction
- Jennifer Mance, Wauwatosa — Childrens Hospital of Wisconsin
- Debra Klich, Wauwautosa — Childrens Hospital of Wisconsin

Registrations Against

- None.

Registrations for Information Only

- None.

April 21, 2010

EXECUTIVE SESSION HELD

Present: (7) Senators Lehman, Jauch, Erpenbach, Hansen,
Olsen, Grothman and Hopper.

Absent: (0) None.

Moved by Senator Hansen, seconded by Senator Grothman that
Senate Amendment 1 be recommended for adoption.

Ayes: (7) Senators Lehman, Jauch, Erpenbach, Hansen,
Olsen, Grothman and Hopper.

Noes: (0) None.

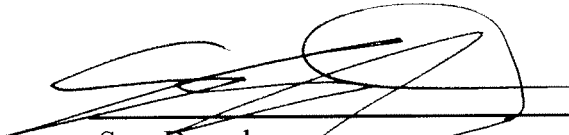
ADOPTION OF SENATE AMENDMENT 1 RECOMMENDED,
Ayes 7, Noes 0

Moved by Senator Hansen, seconded by Senator Olsen that **Senate
Bill 686** be recommended for passage as amended.

Ayes: (5) Senators Lehman, Jauch, Erpenbach, Hansen
and Olsen.

Noes: (2) Senators Grothman and Hopper.

PASSAGE AS AMENDED RECOMMENDED, Ayes 5, Noes 2



Sara Dauscher
Committee Clerk

Senate

Record of Committee Proceedings

Committee on Education

Assembly Bill 725

→ Companion to SB 686

Relating to: providing instruction in cardiopulmonary resuscitation, cardiocerebral resuscitation, and the use of an automated external defibrillator to high school pupils.

By Representatives Zigmunt, Berceau, Hebl, Hilgenberg, Hixson, Kaufert, Sinicki, Soletski, Steinbrink, Vruwink, A. Williams, Young and Zepnick; cosponsored by Senators Hansen, Carpenter, Risser and Taylor.

April 16, 2010 Referred to Committee on Education.

April 21, 2010 **EXECUTIVE SESSION HELD**

Present: (7) Senators Lehman, Jauch, Erpenbach, Hansen, Olsen, Grothman and Hopper.

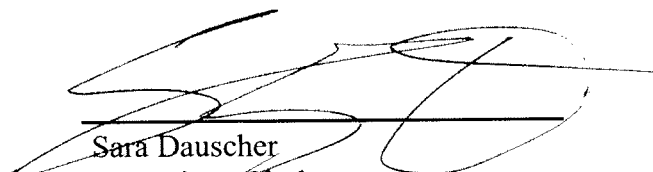
Absent: (0) None.

Moved by Senator Hansen, seconded by Senator Erpenbach that **Assembly Bill 725** be recommended for concurrence.

Ayes: (5) Senators Lehman, Jauch, Erpenbach, Hansen and Olsen.

Noes: (2) Senators Grothman and Hopper.

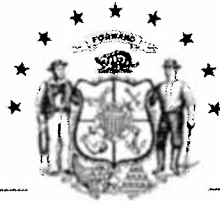
CONCURRENCE RECOMMENDED, Ayes 5, Noes 2


Sara Dauscher
Committee Clerk

ASSEMBLY BILL 725

An Act to create 118.076 of the statutes; relating to: providing instruction in cardiopulmonary resuscitation, cardiocerebral resuscitation, and the use of an automated external defibrillator to high school pupils. (FE) 2010

- 02-11-10. A. Introduced by Representatives Zigmunt, Berceau, Hebl, Hilgenberg, Hixson, Kaufert, Sinicki, Soletski, Steinbrink, Vruwink, A. Williams, Young and Zepnick; cosponsored by Senators Hansen, Carpenter, Risser and Taylor.
- 02-11-10. A. Read first time and referred to committee on Public Health. 643
- 03-08-10. A. Fiscal estimate received.
- 03-09-10. A. Public hearing held.
- 04-01-10. A. Assembly amendment 1 offered by Representative Zigmunt. 779
- 04-07-10. A. Executive action taken.
- 04-08-10. A. Report Assembly Amendment 1 adoption recommended by committee on Public Health, Ayes 6, Noes 0. 793
- 04-08-10. A. Report passage as amended recommended by committee on Public Health, Ayes 4, Noes 2. 793
- 04-08-10. A. Referred to committee on Rules. 793
- 04-13-10. A. Made a special order of business at 11:34 A.M. on 4-15-2010 pursuant to Assembly Resolution 22. 824
- 04-15-10. A. Read a second time.
- 04-15-10. A. Assembly amendment 1 adopted .
- 04-15-10. A. Assembly amendment 2 offered by Representatives Vukmir, Kaufert, Strachota and Kramer.
- 04-15-10. A. Assembly amendment 2 laid on table, Ayes 52, Noes 45 .
- 04-15-10. A. Ordered to a third reading.
- 04-15-10. A. Rules suspended.
- 04-15-10. A. Read a third time and passed, Ayes 57, Noes 40 .
- 04-15-10. A. Ordered immediately messaged.
- 04-16-10. S. Received from Assembly.
- 04-16-10. S. Read first time and referred to committee on Education.



TED ZIGMUNT
STATE REPRESENTATIVE

April 19, 2010

Testimony in favor of AB 686

Senate Committee on education

Chairman Lehman and members of the Committee on Education, thank-you for allowing me to present this brief testimony on behalf of Senate Bill 686, which will provide instruction in life saving techniques to high school pupils.

This bill requires all school boards and operators of independent charter and governing bodies of private schools to offer enrolled high school students instruction in lifesaving skills including cardiopulmonary resuscitation (CPR), cardio cerebral resuscitation (hands only) and automated external defibrillator (AED).

Many high schools around the state already offer CPR training. Just last month a McFarland, Wisconsin high school student saved her brother's life after he was shocked when an aluminum roof rake he was using came into contact with a 7,200-volt power line. When McFarland emergency medical technicians and deputies arrived, the boy's sister was performing CPR on him. One of the EMTs recognized the girl as a student he taught CPR to in a high school class at the fire station.

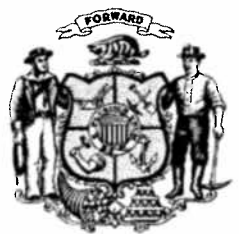
This bill does not require certification, minimum minutes, or credit hour requirements. School boards can choose the level of instruction they wish to provide: From simple and no cost, to more elaborate lifesaving skills instruction. The bill does would require school boards to implement a program for the 2011-2012 school year.

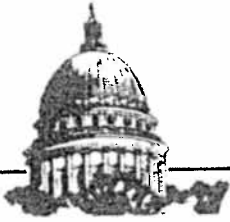
Cardiovascular diseases remain Wisconsin's number one killer and many lives can be saved if simple lifesaving procedures are initiated by lay rescuers. Providing this simple instruction will give our young adults an increased comfort level and the tools to step in and help save a life.

The American Red Cross and the American Heart Association support the bill.



WISCONSIN STATE LEGISLATURE





WISCONSIN STATE SENATOR
DAVE HANSEN
SENATOR – 30TH DISTRICT
ASSISTANT MAJORITY LEADER

TESTIMONY: SB-686
SENATE EDUCATION COMMITTEE
4/19/10

Thank you chairman Lehman and members of the committee for the opportunity to testify in support of Senate Bill 686, legislation that I believe can help save lives at very little cost to our schools.

SB-686 would require high schools to offer enrolled high school students instruction in cardiopulmonary and cardio-cerebral resuscitation and the use of an automated external defibrillator.

This legislation builds on efforts we have made in past sessions to make defibrillators and CPR training more widely available and we have seen the results of those efforts in lives saved throughout the state.

I understand the concerns of those who feel we may be placing too much of a burden on our schools with this legislation so I would like to focus on what this bill does not do:

- This bill does not require certification, minimum minutes, or credit hour requirements (as requested by DPI and WEAC to gain their support/ok for this bill).
- This bill does not require such instruction to be provided inside the school, in curriculum or even during the school day.

School boards have flexibility in how they decide to implement CPR instruction. They can develop the training in whatever fashion they see fit.

It can be as simple and as low cost as bringing in volunteers, showing a DVD, holding an assembly or sending students to train with volunteer firefighters/EMTs. Schools that wish to provide greater training can devote more time to this if they wish and can even require certification.

This bill does not tell or direct schools how to achieve this goal. It simply says that this is something that our high schools should make available to our students so in the event a person's life is in danger they have the ability to help them.

The people here today in support of this bill can discuss the goals of this legislation in greater detail and provide examples of why this training is so important.

Thank you.

Committees

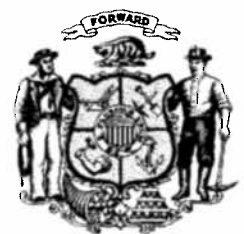
Joint Committee on Finance, Senate Vice Chair
Education
Transportation, Tourism, Forestry and Natural Resources
Special Committee on State-Tribal Relations
Senate Organization
Joint Committee on Legislative Organization

State Capitol

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WISCONSIN STATE LEGISLATURE



TO: Chairman Lehman and Senate Education Committee Members
FROM: Joe Lemel, the father of a child who suddenly died of cardiac arrest
DATE: April 19, 2010
RE: SB 686/AB 725 Instruction in Lifesaving Skills

On January 22nd, 1999, I was at a high school basketball game watching my son, Adam, play for his Whitefish Bay High School basketball team when he suddenly collapsed and died. This was just a few weeks after his 17th birthday. He had no prior symptoms. He was the last person you would have suspected to have an underlying heart problem.

He was a tireless multi sport athlete. State champion tennis player, soccer player but most importantly he was my son. We learned later that in his case often times the first symptom is sudden death and that his best chance of survival would have been if there was an Automated Defibrillator in place and people trained with the life saving skills that the passing of this bill would so greatly enhance.

All that is left for us now is to be sure that no parent ever stands witness to their child's death with out knowing they were given the best chance of survival.
So in 1999 Project ADAM (Automated Defibrillators in Adam's Memory) a Children's Hospital and Health System program was started with the above goal in mind.
The Adam in Project ADAM is my son.

In just the last 14 months, 16 lives where saved in Project ADAM supported schools.

Through our efforts we know first hand that funding remains the major obstacle toward our goal that every child would graduate with life saving skills.

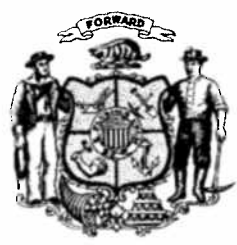
As a father who lost his son, I know first hand the undeniable need that the passage of SB 686/AB725 will fill.

Thank you for your time.

Joe Lemel



WISCONSIN STATE LEGISLATURE



TO: Members of the Wisconsin State Legislature

FROM: Luke D. Rollins
Sr. Director of State Advocacy, American Heart Association

DATE: April 19, 2010

RE: **AB-725/SB-686: Offering of CPR instruction in schools**

Authors: State Representative Ted Zigmunt & State Senator Dave Hansen

Bill Details:

- This bill does not require certification, minimum minutes, or credit hour requirements.
- This bill does not require such instruction to be provided inside the school, in curriculum, during the school day, etc. Reference attached article on McFarland High School.
- This bill does require all school boards and operators to offer enrolled high school students instruction in cardiopulmonary resuscitation (CPR), cardiocerebral resuscitation (hands only) and provide information on automated external defibrillator (AED).

Status:

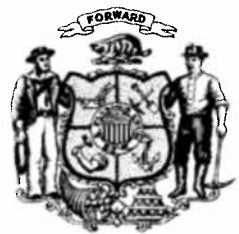
- AB-725 was voted out of the Assembly 57-40 on 4/15 and received a public hearing on 3/9 and vote out of committee on 4/8.
- SB-686 is slated for a public hearing on 4/19.


Rationale:

- School boards and operators have ultimate flexibility in how they offer CPR instruction.
- School boards can develop as simple and no cost (bringing in volunteers, assemblies, etc.) to as elaborate of lifesaving skills instruction they wish to provide (some schools may want certification).
- EMS services are increasingly having a difficult time finding new volunteers, schools facilitating education in CPR may help draw new young folks to such volunteering and careers.
- February is American Heart Month and AJR 103 encourages Wisconsinites to be aware of Wisconsin's number one killer, heart disease, to call 9-1-1 and to be trained in lifesaving skills such as CPR.
- The American Heart Association has teamed up with the American Red Cross to promote giving our high school students the opportunity to have some working knowledge of lifesaving skills.
- By providing even the most simple of lifesaving skills instruction our young adults increased comfort to step, call 9-1-1 and help begin lifesaving techniques.
- Cardiovascular diseases remain Wisconsin's number one killer and many lives can be saved if simple lifesaving procedures are initiated by lay rescuers.



WISCONSIN STATE LEGISLATURE



Wisconsin Council
of Religious & 
Independent Schools

Archdiocese of Milwaukee

Association of Christian
Schools International

Christian Schools International

Diocese of Green Bay

Diocese of La Crosse

Diocese of Madison

Diocese of Superior

Lutheran Church Missouri
Synod North Wisconsin District

Lutheran Church Missouri
Synod South Wisconsin District

Wisconsin Association of
Independent Schools

Wisconsin Conference of
Seventh Day Adventists

Wisconsin Evangelical Lutheran
Synod – Northern District

Wisconsin Evangelical Lutheran
Synod – Western District

Wisconsin Evangelical Lutheran
Synod – Southeastern District

Contact WCRIS

PO Box 7035
Madison, WI 53707

PHONE 608/204-0795

wcris.staff@gmail.com

www.wcris.org

TO: Senate Education Committee
FROM: Matt Kussow, Executive Director
RE: SB 686
DATE: April 19, 2010

WCRIS is a non-profit association representing just over 800 Catholic, Lutheran, Christian, Seventh Day Adventists and independent schools across Wisconsin.

While we understand the goal of SB 686, we are asking members to support an amendment removing private schools from this unfunded mandate.

The freedom and flexibility to create our own curriculums is a fundamental stalwart of private education. In our schools, every student has a choice. If they are not satisfied with the breadth of classes offered, there is always at least one other option in the community for that student to consider.

This is a market force we embrace, and in many cases, private schools are ahead of the curve in responding to student needs. We strive to provide the most sophisticated classes available and are highly responsive to our students' educational needs. In short, we hate to lose anyone.

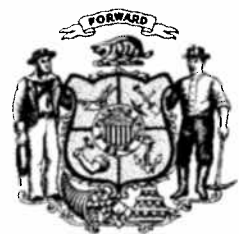
SB 686 shifts the focus and resources to one specific area of study. In many private high schools across Wisconsin, such classes already exist. However, the schools that are not currently offering CPR classes base this decision on need. Requiring these schools to offer this class takes valuable resources away from other programs.

As mentioned, the ability to control our own curriculums is a heart and soul issue for us. We stand in solidarity with the spirit of SB 686 and are more likely to come to a similar outcome on our own free will because of this debate. However, at this time we are asking committee members to remove us from this requirement.

Thank you for your time and consideration.



WISCONSIN STATE LEGISLATURE





American Heart Association | American Stroke Association

Learn and Live.

you're the **cure.**

TO: Members of the Wisconsin State Assembly *Legislature*

FROM: Luke D. Rollins
Sr. Director of State Advocacy, American Heart Association

DATE: April 16, 2010

RE: **AB-725: Offering of CPR instruction in schools**

Authors: State Representative Ted Zigmunt & State Senator Dave Hansen

Bill Details:

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- This bill does not require such instruction to be provided inside the school, in curriculum, during the school day, etc. Reference attached article on McFarland High School.
- This bill does require all school boards and operators to offer enrolled high school students instruction in lifesaving skills including cardiopulmonary resuscitation (CPR), cardiocerebral resuscitation (hands only) and provide information on automated external defibrillator (AED).
- AB-725 passed out of Assembly Public Health 4-2 on April 7th.

Status:

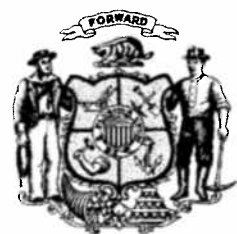
- Voted out of the Assembly 57-40 on 4/15. Received a public hearing on 3/9 and vote out of committee on 4/8.

Rationale:

- School boards have flexibility in who they decide to implement cpr instruction. School boards can develop as simple and no cost (bringing in volunteers, assemblies, etc.) to as elaborate of lifesaving skills instruction they wish to provide (some schools may want certification).
- February is American Heart Month and AJR 103 encourages Wisconsinites to be aware of Wisconsin's number one killer, heart disease, to call 9-1-1 and to be trained in lifesaving skills such as CPR.
- The American Heart Association has teamed up with the American Red Cross to promote giving our high school students the opportunity to have some working knowledge of lifesaving skills.
- By providing even the most simple of lifesaving skills instruction our young adults increased comfort to step, call 9-1-1 and help begin lifesaving techniques.
- Cardiovascular diseases remain Wisconsin's number one killer and many lives can be saved if simple lifesaving procedures are initiated by lay rescuers.



WISCONSIN STATE LEGISLATURE



SB 686? Date?

CPR or CCR will normally be done on someone that you know that you live with that you love or that is related to you. This is why we want as many people to know CCR at a minimum.

We need to teach as many people as we can the techniques of CCR or CPR and we all will have a better chance of survival should we be a victim of cardiac arrest. When the lay public is informed they can make a difference and there is a remarkable difference over the past few years when we have taught the basic steps of CCR.

Since the CCR technique has been taught we have seen ADULTS who have been witnessed collapsing with Ventricular Fibrillation (VF) and going into cardiac arrest recover and lead very productive lives.

As was stated earlier during testimony when someone witnesses an ADULT collapse three things are needed. 1.) See if the ADULT is responsive, 2.) If the ADULT is unresponsive call 911, and 3.) Begin chest compressions at a rate of 100 compressions per minute. This will continue to circulate oxygenated blood to the brain and to the heart. This is done until professional rescuers arrive, or the person pushes you away, or you are too tired to continue. From a statistics stand point, two years ago an ADULT witnessed collapsing with Ventricular Fibrillation (VF) and bystander CPR had a 17% survival rate, which meant that the person left the hospital with everything intact. Today we show this same situation has a 40% survival rate. These are dramatic figures showing that lay people with basic knowledge can make a serious difference.

This is a **LIFE SAVING ACT**. We all can make a difference as long as we know what to do and act when needed.

Now we know that we can get Adults to learn but what if we could teach this technique to kids. The results would be great. Kids learn faster and they engage faster and better then adults do sometime. We have a class where we teach 6 and 7 graders how to use an AED. We give them the device and tell them to use the device on the manikin. In a matter of minutes without coaching they know what to do and they do it. We are also teaching them CCR and they know what to do and they can and will make a difference.

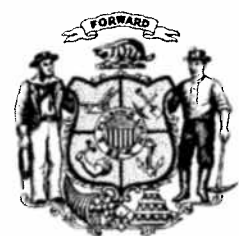
There are some side effects to this teaching also. It could be the start of a student on the path to a health care career which is something we can always use. In rural areas having students know what to do through CCR or CPR can make a big difference since professional response time is unfortunately longer then we would like. I am aware that there are a number of EMS organizations that would be willing to help teach this skill because someone doing CCR or CPR prior to arrival can make a big difference to the person who has collapsed. Remember doing CPR or CCR will normally be done on someone we know and love.

It does not matter how formal you wish to go. Students and teachers alike can learn CCR in about 7 minutes watching a video. We would be happy to make video's available for anyone who is interested in CCR. If a school wanted to go to the certification level that can be arranged also. There are many of us who are willing to work with schools to teach this skill.

Dennis Grejczyk
Marshall, WI EMS



WISCONSIN STATE LEGISLATURE



SB 086? Date?

Good Morning, my name is Mike Uttech. I was born with a heart defect that required 2 surgeries to correct. I have had the occasional skip between beats, and a few episodes of lightheadedness, all of which I have learned to accept and will stop to take a break after. In November of 2008 this episode was different.

I was at a fitness club starting my morning routine on a treadmill. Five minutes into my brisk run I got very lightheaded. This one felt different it was more pronounced. I stepped off the track as I usually would and next thing I remember I was staring at a paramedic who was asking me questions about who I am and where I was. It was like a bad dream.

I found out later that my heartbeat was so fast that it caused me to pass out. I was very fortunate to have a retired cardiac nurse, a respiratory therapist and a gentleman who had experience in using CPR in the same room. Frank performed CPR on me while someone else ran to get the portable AED machine. I was clinically dead twice because each time Frank thought my heart was beating again it would stop. When the defibrillator was used my heartbeat reset and I woke up.

I know have an internal defibrillator and a new lease on life.

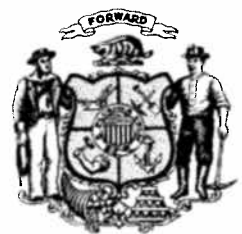
I can tell you without a doubt that if it wasn't for the knowledge of CPR and the availability of an AED machine I would not be standing here telling my story.

Mike Uttech

Green Bay, WI



WISCONSIN STATE LEGISLATURE



SB 4860?

Date?

My name is Jill Rasmussen. For 23+ years, I have been a Health & Fitness Director at the YMCA. It has been an employment requirement for me, my staff and colleges to maintain a current CPR/AED certification.

I know that sudden cardiac arrest claims hundreds of thousands of lives each year. Victims who receive help right away – within minutes – is the key to their survival. Year after year, I have gone back into the classroom for a just a few hours to renew my training. I had always believed it was the right thing to do – but prayed I would never have to use those skills.

Good news/bad news arrived on March 6, 2006... "Code Red – all staff report to racquetball court 5"! As fast as my feet would carry me, I sped to court 5 to find a very well-respected prominent man in our community in complete cardiac arrest – no breath, no pulse – with skin turning bluer and bluer by the second! I and another college, performed 2-person CPR while the AED was being readied. After the AED was applied, several shocks were administered and his pulse returned! Paramedics soon arrived to take over advanced care.

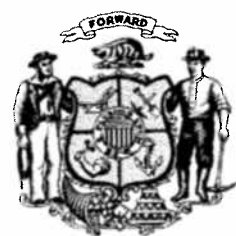
A week later, Tom (the victim) walked back into the YMCA on his own power to visit with us and give thanks for the quick response of our staff. He immediately scheduled to have our YMCA CPR instructor come to his workplace to train all his staff! He also purchased 2 AEDs – one for his office and the other for the YMCA – now we would have a total of 3 AEDs in our building – one on each floor!

Awareness, education and continued training are critical and give responders the skills, confidence and empowerment necessary to save a life in your community.

**Jill Rasmussen
Appleton, Wisconsin**



WISCONSIN STATE LEGISLATURE



Wisconsin State Journal

March 7, 2010

Teen shocked by power line, saved by sister

GEORGE HESSELBERG ghesselberg@madison.com 608-252-6140 | Posted: Sunday, March 7, 2010 5:09 pm | [1 Comment](#)

A McFarland-area teenager was revived by his sister Sunday afternoon after he was shocked when an aluminum roof rake came into contact with a 7,200-volt power line.

“She saved him,” said Capt. Harlan Hettrick, of the McFarland Fire Department.

He said the boy had picked up the roof rake, used to pull snow from a house roof and about 15 feet long, and “somehow and for some reason got it over the top of the electric wire,” said Hettrick. The wire, called a “primary line,” was between power poles on the street, Alliant Energy officials said.

When McFarland emergency medical technicians and deputies arrived, the boy’s sister was performing CPR on him. One of the EMTs, Paul Bowers, recognized the girl as a student he taught CPR to in a high school class at the fire station, Hettrick said.

The boy was described as “unresponsive” when his sister found him. “She was giving good, aggressive proper CPR,” said Hettrick.

Rescuers quickly attached a defibrillator and gave the boy another shock, said Hettrick. He was taken by helicopter to UW Hospital where his condition was undisclosed Sunday afternoon.

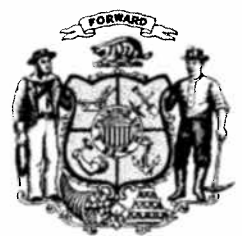
Hettrick said it was unknown what the boy was trying to do with the roof rake.

The home is located at 4214 Oak Street in the town of Dunn about two blocks from Lake Waubesa south of McFarland in the Spartan Hills neighborhood.

Posted in [Local](#) on *Sunday, March 7, 2010 5:09 pm*



WISCONSIN STATE LEGISLATURE





**American
Red Cross**
Badger Chapter

Compression Only CPR



This is a presentation developed by the
American Red Cross Badger Chapter.

Compression Only CPR

For Witnessed Sudden Collapse – Adult



**American
Red Cross**

Badger Chapter

1 CHECK and CALL

1. CHECK the scene, then CHECK the person.
2. Tap shoulder and shout, "Are you okay?"
3. CALL 9-1-1 if no response.
4. Breathing NORMAL?
 - Irregular, gasping and shallow breathing is not normal.
 - If you are unsure, assume breathing is not normal.
5. If breathing is normal, place person in the recovery position and continue to monitor their breathing.
6. If unresponsive and not breathing normally, BEGIN COMPRESSIONS.



2 COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand.
3. Lock elbows, position your shoulders directly over hands.
4. Compress the chest 2 inches.
5. Compress 100 times per minute.
6. Let the chest recoil to its normal position after each compression.
7. Continue compressions with minimal interruptions.



3 WHEN TO STOP

- If you notice an obvious sign of life;
- Another responder takes over;
- EMS personnel arrive and take over;
- You become too exhausted to continue;
- An AED is ready to use; OR
- The scene becomes unsafe.



4 RECOVERY POSITION

Place the individual in a recovery position if he/she:

- is unconscious,
- is breathing effectively, and
- there is no suspected head, neck or back injury.

1. Roll the individual on his/her side.
2. Resting his/her head on the arm on the floor.
3. Bend the other arm and place hand under face.
4. Bend top knee and place foot over bottom leg.



AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

If an AED (Automated External Defibrillator) is available:

1. Turn on AED
2. Wipe chest dry
3. Attach the pads
4. Plug in connector, if necessary
5. Make sure no one is touching the individual
6. Push the "Analyze" button, if necessary
7. If a shock is advised, push the "Shock" button
8. Continue with compressions

This does not replace traditional CPR which includes rescue breathing. Compression Only CPR is used only if you witness the collapse. Traditional CPR should be used in all other circumstances (such as drowning, electrocution, drug overdose, choking, etc.), unless you are unwilling or unable to perform traditional CPR.

Contact your American Red Cross for more information about this program and other American Red Cross Certified Courses.

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