Cardiopulmonary resuscitation is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.

Cardiopulmonary resuscitation (CPR) comprises of cycles of chest compressions and rescue breaths in a ratio of 30 chest compressions to 2 rescue breaths (30:2). One 'cycle' of CPR is one round of 30:2.

CPR Steps
- Check the scene and the person.
- Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.
- Call 911 for assistance.
- Open the airway.
- Check for breathing.
- Push hard, push fast.
- Deliver rescue breaths.
- Continue CPR steps.

Complete this form & give to PEIMS clerk at the high school level to meet graduation requirements:

CPR effectively keeps blood flowing and provides oxygen to the brain and other vital organs, giving the victim a better chance for full recovery. Everyday Health reports that if CPR is given within the first two minutes of cardiac arrest, the chances of survival double.

Objectives: Practice CPR at your home.
(a) A school district or an open-enrollment charter school shall provide instruction to students in Grades 7-12 in cardiopulmonary resuscitation (CPR). The instruction:(1) may be provided as a part of any course; and (2) must be provided to each student at least once before graduation from high school.

ACTIVITIES
- Cardiopulmonary resuscitation is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.
- Cardiopulmonary resuscitation (CPR) comprises of cycles of chest compressions and rescue breaths in a ratio of 30 chest compressions to 2 rescue breaths (30:2). One 'cycle' of CPR is one round of 30:2.
- CPR Steps
  - Check the scene and the person.
  - Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.
  - Call 911 for assistance.
  - Open the airway.
  - Check for breathing.
  - Push hard, push fast.
  - Deliver rescue breaths.
  - Continue CPR steps.
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ASSESSMENT:
Answer the following questions and submit them via Schoology.
1. What is the main difference between CPR and Hands-Only CPR?
2. Describe the sequence of steps when performing CPR.
3. The rate of compression's should be how many beats per minute?
4. Describe a situation you might be in where you have to utilize CPR?
1. Submit a video of the student conducting CPR utilizing equipment designated in video.

SUBMIT YOUR VIDEO BY AT 8PM FOR NEXT TIME: