

HURRY CASES, SIGNS OF A HEART ATTACK, RESCUE BREATHING AND CPR

5 Hurry Cases:

Severe Bleeding
Internal Poisoning
Stopped Breathing
Heart Attack/Stopped Heart
Choking

5 Most Common Signs of a Heart Attack:

Chest pain - like an elephant sitting on chest, often radiates to left arm, shoulder, back.
Shortness of breath
Weakness
Unusual sweating
Nausea and/or vomiting

Proper Steps to Rescue Breathing:

- 1. Check for unresponsiveness and survey surroundings**
- 2. Call 911**
- 3. Position victim - LOOK LISTEN and FEEL**
- 4. Open Airway** - position/tilt head
- 5. Look, Listen and Feel** for a good 5 seconds. If no breathing is heard, felt, or seen in chest movement,
- 6. Give 2 breaths** - check to see that the air is going into the lungs by watching for the chest to rise as you administer each breath.
If no air is going in you must clear airway -
 - Reposition the head and try your two breaths again.
 - Finger sweep
 - Heimlich Maneuver
- 7. Once airway is open, check for carotid pulse** for 5-10 seconds. If there IS a pulse...
- 8. Begin rescue breathing - 1 breath every 5 seconds.**
- 9. Stop ONLY when** - victim revives, help arrives, or you are physically unable to continue.

Proper Steps to Performing CPR (Cardiopulmonary Resuscitation):

1. **Check for unresponsiveness**
2. **Call 911**
3. **Position victim**
4. **Open Airway** - position/tilt head
5. **Look, Listen and Feel** for a good 5 seconds. If no breathing is heard, felt, or seen in chest movement,
6. **Give 2 breaths** - check to see that the air is going into the lungs by watching for the chest to rise as you administer each breath.
If no air is going in you must clear airway -
 - i. Reposition the head and try your two breaths again.
 - ii. Finger sweep
 - iii. Heimlich Maneuver
7. **Once airway is open, check for carotid pulse** for 5-10 seconds.
8. If **NO pulse** is present, **begin first cycle of 15 chest compressions to 2 breaths.** The heel of the hand is used in the center of the breastbone to give compressions. Place one hand over the other and press STRAIGHT down.
9. **Recheck pulse for a full 10 seconds after 4th cycle** for return of pulse or breathing. Continue CPR at the rate of 15/2 until help arrives, the person is revived, or you are physically exhausted and unable to continue.

Please understand, however, that these steps and recommendations are always changing. If you were to consult the Red Cross information, it might very well be different again. We decided a while ago that a basic standard that would work in an emergency situation would be better for the boys to learn than the latest number of rescue breaths or compressions. That has changed several times, and is now back to a ratio of two rescue breaths to 15 chest compressions. (It used to be correct only for one man rescue situations. Two man rescue used to have a ratio of 1 to 5.) We felt that since things changed so frequently, that a constant for the boys to study, and the leaders to test, would be best. That is part of why it is not written in the BSA handbooks other than to say "explain the steps in CPR".