

CPR & AED 101

Tips on learning life saving techniques

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June is designated as both CPR and AED awareness month. About 3 out of 4 heart related and breathing emergencies occur when there is another adult nearby. The American Heart Association estimates that if CPR were used early enough, 100,000 to 200,000 lives in the US could be saved per year.



WHAT IS CPR AND AED?

- CPR stands for Cardiopulmonary Resuscitation. It involves techniques that help with heart attacks, electric shock, drowning, suffocation, choking, drug overdose, and allergic reaction.
- AED stands for Automated External Defibrillation. These are simplified versions of defibrillators that are used in hospitals. They use electricity to shock the heart back into a life-giving rhythm.

HOW DO WE GET TRAINED?

- Training is simple and accessible to all types of people. Be sure to find a class that is suited to you.
- Although training with a live instructor has shown to be the most effective, the American Heart Association and Red Cross offer on-line courses. There are also at-home kits that include CPR manikins and other materials.
- If you work in an environment with children, additional training is available for child specific CPR.

WHAT IF WE ARE ALREADY TRAINED?

- Remember to keep CPR fresh in your mind. In order for CPR/AED training to be effective, those trained have to be confident in their skills. The American Red Cross offers short refresher videos free of charge.
- Retraining is recommended every 1-2 years depending on the license.
- AEDs are only useful if people know where they are and how to use them. Learn where they are in your workplace and common public places such as schools and malls.



For more information visit:
The American Red Cross at www.redcross.org
The American Heart Association at www.heart.org

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Lovejoy Health Center – Albion
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Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health & Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
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