



Attainment's  
**CPR+AED**  
**BASICS**

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TOOLKIT



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**TOOLKIT**

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An Attainment Company Publication

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Printed in the United States of America

ISBN: 978-1-64856-218-1



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### Perla's Story

Perla graduated from the Georgia Project SEARCH Program in 2009. She believes the Project SEARCH Program helped her to build the confidence to pursue a life-long dream of Cosmetology. Perla is now a licensed Cosmetologist and caregiver for an adult with disabilities. Perla is active in her church and enjoys spending time with her family. The story, Perla Saves the Day, is based on the true story of Perla who saved the life of a two-year old child with CPR.

### The Project SEARCH Program



Project SEARCH is a unique, business-led employment-preparation program that takes place entirely at the workplace. Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration, and hands-on training through work site rotations. The goal for each program participant is competitive employment.

**+ This is not a CPR training course. This toolkit is meant to teach the basics of CPR and can be used in preparation for a CPR course.**

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## + CPR Certification Classes:

AMERICAN HEART ASSOCIATION /// [WWW.HEART.ORG](http://WWW.HEART.ORG)

AMERICAN RED CROSS /// [WWW.REDCROSS.ORG](http://WWW.REDCROSS.ORG)

ASHI /// [WWW.ASHIPROGRAMS.COM](http://WWW.ASHIPROGRAMS.COM)





# Check



# Call



# Care





# These are the steps to follow if you come across someone in danger.







# 1 CHECK

- ➔ Check for Safety at the Scene
- ➔ Check the Person



# 2 CALL

- ➔ Call 911 for Help



# 3 CARE

- ➔ Care for the Person





# CHECK

## + CHECK FOR SAFETY AT THE SCENE



**LOOK.** Do you see anything that might hurt you?



**LISTEN.** Do you hear anything that might hurt you?

## + CHECK THE PERSON



Tap them on the shoulder and shout, “Are you okay?”



**STAY SAFE.** Wear gloves and use a CPR face mask.

## FACT

CPR has been around for hundreds of years.





# CALL



## + CALL 911 FOR HELP



Use your phone or have someone at the scene call 911.



Send someone to get an AED.

## FACT

Early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%.









# CARE

## + CARE FOR THE PERSON



Make sure the person is lying on their back.



Look at the person for 10 seconds to see if they are breathing.



If they are not breathing, begin CPR.



Use an AED.

## FACT

Children as young as 9 can effectively give CPR.





## Check • Call • Care

Choose the correct answer  
from the options below.



### 1. What are the 3 Cs of CPR?

- A** Call, Count, Carry
- B** Check, Call, Care
- C** Check, Chat, Chase

### 2. What are the two steps for the first C - CHECK?

- A** Check yourself. Check the scene.
- B** Check your phone. Check your pulse.
- C** Check for safety at the scene. Check the person.

### 3. What number should you call for help?

- A** 911
- B** 411
- C** 555

**4. How do you perform the last C: CARE FOR THE PERSON?**

- A** Make sure the person is lying on their stomach.
- B** Look at the person for one minute to see if they are breathing.
- C** Make sure the person is lying on their back.

**5. What should you do if the person is not breathing after 10 seconds?**

- A** Leave the scene.
- B** Begin CPR.
- C** Wait another 10 seconds.

**6. Name one interesting fact about CPR.**

*Write your answer on the lines below.*

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