

**How?** 30 compressions ( within 15 seconds ) - 2 compressions per second  
2 Breaths ( Head tilt chin lift ) just until you see chest rise

**Why?** To Deliver Oxygenated blood to the brain to prevent brain death until the 911 ( Emergency Response Arrives ) or the come alive

**When? == Dead ( How do you know if someone is dead ? )**

( Brain has shut off due to lack of oxygen or blood)

Unresponsive ( tap and shout )

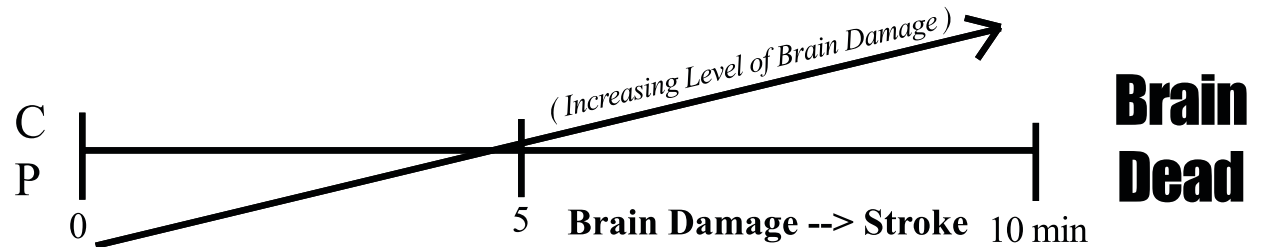
No Breathing ( look listen and feel )

No Pulse ( No Heartbeat)

Brain R.

Lungs P.

Heart C.



**5 Fears of Rescue:** Unsure of Skills/ Might Hurt or Kill Victim / Lawsuits / Disease / Unsafe Scene

#1 Cause of Death in the World

## Heart Disease

(2 main causes of Heart Disease are:)

### High Blood Pressure

Causes:

**Table Salt** ( processed and packaged foods )

**Oil:** ( Fried Foods )

**Cholesterol** ( various animal products )

**Waste Matter** ( lack of elimination )

**Stress** ( could be the trigger of *heart attack or stroke* )

### Diabetes

Causes:

Sugar Intake over works the **Pancreas**

Pancreas produces insulin Insulin allows the cells to receive the sugar from the food we eat to produce energy