



Frequently Asked Questions



Can I hurt them?

When performing chest compressions, it is common to feel the breaking of cartilage within the chest wall during the first few compression. This is expected and will not negatively affect the outcome.

Where do I place my hands?

To properly place your hands for chest compressions, find the bottom of the sternum and place the heel of your palm approx. 3-4 fingers up in the center of the chest.

How fast do I push?

The proper rate is 100-120 compressions per minute. Popular songs that will help you achieve this rate are "Stayin' Alive" by the Bee Gees and "Crazy in Love" by Beyonce featuring Jay-Z.

How hard do I push?

The desired depth in children and adults is 2-2.4"

Can I misuse the AED?

No. The automated external defibrillator (AED) will only shock those individuals who are in a "shockable rhythm." Ensure the safety of all rescuers prior to pressing the shock button by making sure they are not touching the patient.

Do I check for a pulse after I have shocked the patient?

No. Continue compressions and shock as advised by the AED until EMS arrives.

If the patient does not survive, am I liable?

No. The Revised Code of Washington (RCW 4.24.300) commonly referred to as the "Good Samaritan Act," addresses your immunity as a lay provider.

What do I do if I get a pulse back?

Once you begin chest compressions, continue compressions until first responders arrive or until the patient begins to respond with purposeful body movements.

Don't wait for help. Be the help.

Community CPR/AED Initiative
"To Protect & Enhance the Quality of Life."

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