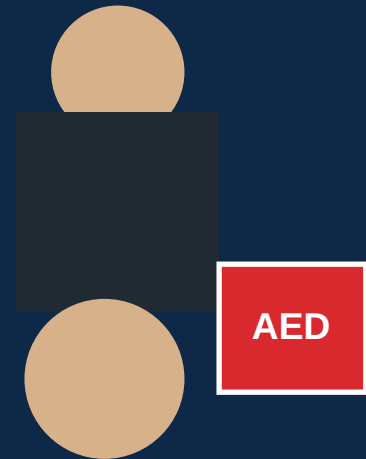


THE FIRST 5 MINUTES

Cardiac Emergency Field Guide



ADULT CPR QUICK REFERENCE

1	RECOGNIZE Unresponsive; not breathing normally
2	CALL 911 Put the phone on speaker
3	START CPR Push hard and fast
4	USE AED Turn it on and follow prompts

- AED visible & accessible
- Pads/battery checked
- EMS access plan
- Practice completed

THE CHAIN OF SURVIVAL

Your actions can double or triple a cardiac-arrest victim's chance of survival when CPR begins immediately.

1	RECOGNIZE Unresponsive; not breathing normally
2	CALL 911 Put the phone on speaker
3	START CPR Push hard and fast
4	USE AED Turn it on and follow prompts

TABLETOP SCENARIO

A coworker suddenly collapses. Assign 911, CPR, AED retrieval and EMS access. Then identify what would slow your team down.

Steel Water Training free educational resource. Sources and current guidance should be checked before use; follow 911 and local authority instructions during emergencies.