

# Save a life...

## Our Mission

Fundación Bechara is a non-profit corporation founded in memory of Eng. Francisco Rafael Bechara "Quico" in an effort to support charitable and educational organizations, programs and/or special projects that foster initiatives that will positively impact our society, particularly in the area of health.

Our first initiative, The Quico Bechara Project, seeks to help educate, equip and empower our community to be ready to respond to sudden cardiac arrest emergencies and to raise awareness of the importance automatic external defibrillators (AED's) have as a link in the chain of survival.

## Objective

### EDUCATE, EQUIP & EMPOWER

The Quico Bechara Project intends to help equip communities in Puerto Rico and the United States with AED's in an effort to increase public access and availability to these life saving machines.

We are committed to help educate our community about the importance AED's have as a link in the chain of survival and, to empower citizens by providing the necessary support for the establishment of public access defibrillation programs (PAD).

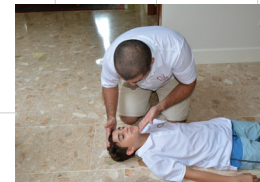


CPR/AED Certification Course  
Fundación Bechara is an Authorized Provider of The American Red Cross

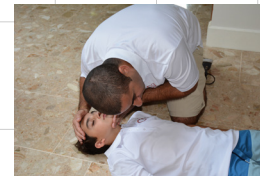
## I. CHECK UNCONSCIOUS PERSON: Get Consent



**1. Check for Responsiveness**  
tap the shoulder and shout, "ARE YOU OK?"



**2. Call 9-1-1**  
If NO response, call 9-1-1  
\* if an unconscious child or infant is face-down, roll face-up, supporting the head, neck and back in a straight position.



**3. Care**  
**OPEN THE AIRWAY**  
tilt head back slightly and lift chin.  
**CHECK FOR BREATHING**  
check quickly for no more than 10 seconds  
\*occasional gasps are not breathing  
\* infant have periodic breathing, so changes in breathing patterns are normal for infants.

## Chain of Survival



Early Access  
Call 9-1-1



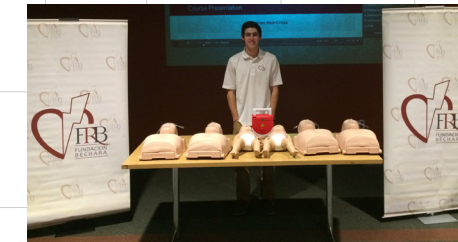
Early CPR  
30 Compressions  
2 Breaths



Early Defibrillation  
Get AED



Early Advanced  
Cardiovascular Care



### PAD Program (Public Access Defibrillation Program)

We are encouraging and assisting our community to establish Public Access Defibrillation Programs in their facilities.

Immediate access to an AED is crucial for saving lives during a cardiac arrest

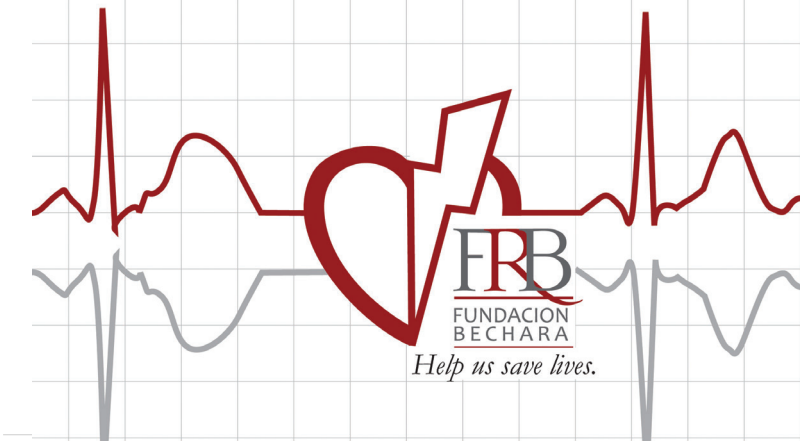
### We will help you:

- Get the AED equipment.
- Learn how to properly use and maintain the device.
- Train your personnel with CPR & AED Certification.
- Establish an emergency plan.

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## II. CPR (Cardio-Pulmonary Resuscitation)

### One Cycle

#### 30 COMPRESSIONS:

Push hard, push fast in the middle of the chest

#### 2 BREATHS:

tilt the head back and lift the chin up

### Adult



- 2 hands straight down
- Middle of the chest
- **30 compressions** & **2 breaths**
- Make sure to use a barrier when giving the breaths

#### DO NOT STOP!

Continue cycles of CPR- UNLESS:

- Person starts breathing
- An AED is ready to use
- Another trained responder or EMS personnel take over
- You are too exhausted to continue
- The scene becomes unsafe.

### Infant



- Push about **1 1/2** inches deep
- The infant must be on firm, flat surface
- Push **FAST**, at least 100 compressions per minute using **2 fingers straight down**
- Tilt head and lift chin up
- Make a complete seal over infant's mouth and nose
- Give rescue breaths, one after another

### Child



- Push about **2 inches** deep
- Child must be on firm, flat surface
- Push **FAST**, at least 100 compressions per minute using **both hands straight down**
- Pinch the nose shut, then make a complete seal over child's mouth
- Blow in for about 1 second to make chest rise
- Give rescue breaths, one after another

## III. AED USE

### 1. Call 9-1-1

- If the victim doesn't respond start CPR

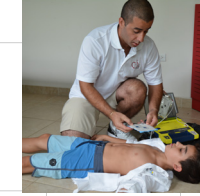
### 2. Get AED

- If 2 or more people are at the scene, one performs CPR while the other gets the AED equipment ready.

### 3. Turn on the AED & Follow Instructions

- REMOVE clothing from the chest
- WIPE DRY if area is wet
- REMOVE metal objects
- ATTACH PADS on chest
- PLUG IN CONNECTOR, if necessary
- STAND CLEAR, make sure **NO ONE**, including you, is touching the victim
- ANALYZE HEART push the analyze button, if necessary let AED analyze the heart rhythm
- IF SHOCK IS ADVISED make sure **NO ONE** is touching the victim
- PUSH the "SHOCK" button, if necessary
- PERFORM CPR after delivering the shock, or if no shock is advised
- PERFORM about 2 mins. (or 5 cycles) of CPR
- CONTINUE to FOLLOW the instructions of the AED

### 1.



Get AED & follow instructions

### 2.



Stand clear

### 3.



Perform CPR if needed

