

## **CPR AND AED USAGE**

AEDs are located in all medical facilities (main medical tents and on-course medical tents) on race day.

How to operate an AED:

1. Turn the AED on by opening the front cover and pressing the power button.
2. The AED will talk to you and give you detailed instructions.
3. Follow the directions of the AED.
4. You can never hurt a patient by using an AED.

How to do Hands-Only CPR:

- If a runner collapses and is unconscious first call for help.
- Begin Chest Compressions by putting your hands in the center of the chest
- Push down in the center of the chest hard and fast.

Push about two inches deep at a rate of 100 per minute until help comes.

Visit [cemevent.com/handsonlycpr](http://cemevent.com/handsonlycpr) to view an instructional video on Hands-Only CPR and the use of an AED.