

# GLOBE STAR

“Mentoring a Spirit of Gentleness”



## Teaching Log

Teaching Topic: **Cardiopulmonary Resuscitation (CPR)**      Teaching Date:

Target Audience: Yearly Teaching      Length of Teaching:

Teaching Objective(s): *To teach crewmembers:*

- Explain how the EMS System works and what signals require a person to call or have someone call 911 or the local emergency number.
- Explain how to protect themselves and the victim in an emergency.
- Identify the signals of breathing emergencies including choking, and demonstrate how to provide care.
- Identify the major risk factors for cardiovascular disease, and describe how to control them.
- Identify the signals of possible heart attack and sudden cardiac arrest and describe how to provide care.
- Identify the use of an automated external defibrillator in the cardiac chain of survival.

Attendee Name	Attendee Signature	Your Role to Facilitate a Spirit of Gentleness

Comments/Concerns:

Navigator Name

Signature

Date