

CPR

**Cardio Pulmonary
Resuscitation is the
combination of rescue breaths
with chest compressions**

CPR

maintains oxygen in the blood while providing artificial blood circulation until more advanced life support arrives eg. AMBULANCE.

Where the patient is not breathing and there is no detectable pulse CPR should be commenced as soon as possible to prevent brain damage, which begins to occur after 3-4 minutes when there is a lack of supply of oxygen to the brain.

To perform CPR the patient needs to be

- Unconscious
- No signs of life
- Not breathing normally

The first important steps in the giving CPR are

The Three C's!!!

- Check
- Call
- Care

Check

is the scene safe ?

- Check for anything unsafe, such as spilled chemicals, traffic, fire, and other hazardous items.
- Are you putting yourself in danger by helping this person? Make sure you are also taking care of yourself.
- Is there anyone around who can also help? Ask others around the scene for as much help as they can offer
- Check for responsiveness: tap and shout

Call

- Calling for help is often the most important action you can take to help the person
- Call 112 or the local emergency number(if there are other people at the scene, ask someone else to call for you to help !
- Make sure you give the 112 operator correct information about your location, the emergency, any other information you are able to give about the emergency

Care

once you have followed the first two C', You may need to give care until EMS personnel arrive. Follow these guidelines :-

- Do not further harm.
- Monitor the person's breathing and consciousness.
- Help the person rest in the most comfortable position.
- Keep the person from getting chilled or overheated.
- Reassure the person

CPR is as easy as
C-A-B



Compressions

Push hard and fast
on the center of
the victim's chest



Airway

Tilt the victim's head
back and lift the chin
to open the airway



Breathing

Give mouth-to-mouth
rescue breaths

American Heart
Association



Learn and Live

Compressions

- A compression is the act of pushing on the chest.
- People often don't push hard enough because they are afraid of hurting the victim.
- An injury is unlikely, but it is better than death.
- It is better to push too hard than not hard enough.

COMPRESSIONS

Step	Action
1	Make sure the person is lying on his back on a firm, flat surface.
2	Move clothes out of the way.
3	Put the heel of 1 hand on the lower half of the breastbone. Put the heel of your other hand on top of the first hand.
4	Push straight down at least 2 inches at a rate of at least 100 compressions a minute.
5	After each compression, let the chest come back up to its normal position.



A



B

GIVE BREATHS

- If you are able to give breaths, you will help even more.
- Your breaths need to make the chest rise.
- When the chest rises, you know the person has taken enough air.

OPEN THE AIRWAY

Step	Action
1	Put 1 hand on the forehead and the fingers of your other on the bony part of the chin.
2	Tilt the head back and lift the chin.



GIVE BREATHS

Step	Action
1	While holding the airway open, pinch the nose closed.
2	Take a breath. Cover the person's mouth with your mouth.
3	Give 2 breaths (blow for 1 second each). Watch for the chest to begin to rise as you give each breath.



USE AN AED (AUTOMATED EXTERNAL DEFIBRILLATOR)



HOW AEDs WORK ?

- Automatically checks victim's heart rhythm to detect fibrillation
- Advises whether victim needs a shock
 - the shock (defibrillation) is an attempt to return heart to a normal rhythm.

