

CARDIOPULMONARY RESUSCITATION CPR

Step-by-Step CPR Guide

1. Shake and shout



2. Call 911



3. Check for breathing



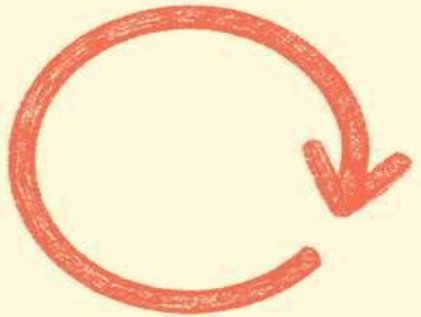
4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths



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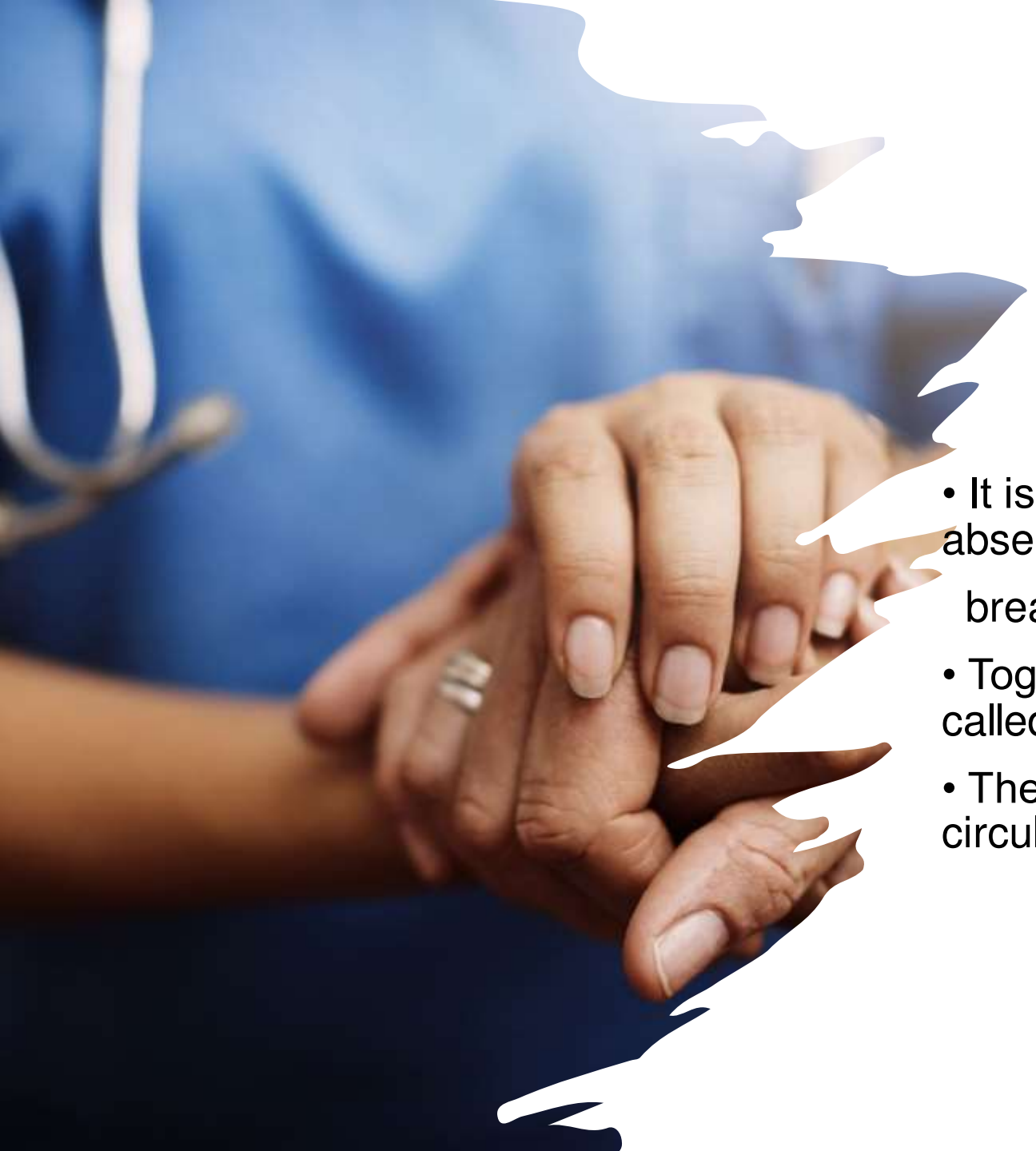

What is CPR ?

- It is a sequence of techniques used to sustain life in the absence of spontaneous

  breathing and heartbeat

- Together chest compressions and rescue breath are called cardiopulmonary resuscitation

- The aim of CPR is to maintain victim's breathing and circulation until emergency aid arrives.

What types of situations might cause a victim to need CPR ?

- Heart attack
- Drug overdose
- Accidents
- Stroke•
- Cardiac arrest
- Diabetes
- Poisoning
- Smoke Inhalation
- Epilepsy
- Suffocation
- Drowning

Sequence of CPR :

- ❑ Check responsiveness
- ❑ Call for help
- ❑ Correctly place the victim and ensure the open airway
- ❑ Check the presence of spontaneous respiration
- ❑ Check pulse
- ❑ Start CPR

GENERAL CPR; IN THREE SIMPLE STEPS: ABC

1. Airway – head tilt, chin lift
2. Breathing – look, listen, feel
3. Circulation – give chest compressions

Compressions

- Make sure the victim is lying on his back on hard surface
- Put the heel of one hand on the center of the victim’s bare chest between the nipples
- Put the heel of your other hand on top of the first hand.
- Straighten your arms & position yours houlders directly over your hands.

Chest compression continue:

- Push hard and fast 1.5 to 2 inches with each compression
- At the end of each compression, allow the chest to recoil completely
- Deliver compression at a rate of 100 compression per minute

When Can I Stop CPR

- Victim survive
- Trained help arrives
- Cardiac arrest longer than 30 minutes

Thank you