

Cardiopulmonary Resuscitation- CPR

Cardio: Heart

Pulmonary: Lungs

Resuscitation: Revive

CPR: is a method combining chest compressions with effective rescue breaths in order to artificially circulate blood and to put air into the lungs.

1. Check for danger.
Ensure the safety of the surrounding eg. Fire or poisonous gasses
2. Check for a response.
Kneel beside the casualty and shake their shoulders gently while shouting “ Are you alright?”
3. Call for assistance
If the casualty is unresponsive it is very important to call medical assistance ASAP.
4. Check for breathing.

After determining that the casualty is unconscious, check if they are breathing normally and regularly by observing the movement of the chest. This should not take no more than 10 sec. and not less than 5 sec.

5. Apply chest compressions.

If the casualty is not breathing normally, start applying chest compressions immediately. Apply 30 compressions

6. Open the airway
Open the airway by using the head-tilt chin-lift method.
7. Give rescue breaths.
Give 2 effective rescue breaths.
8. Repetition of the compression and breath rounds.
Continue repeating the rounds by applying 30 compressions and 2 effective breaths until:
 - The casualty starts to move.
 - Arrival of medical assistance.
 - You become exhausted.