

Save a life – CPR Practice

CPR and AED practice for general public

Connect with the number

● 92%

Percentage of people know how to do CPR
in Chinese public

● 25%

Percentage of people know how to do CPR
in Japanese high school students

● 1%

Percentage of people know how to do CPR
in American public

Cardiopulmonary Resuscitation (CPR)

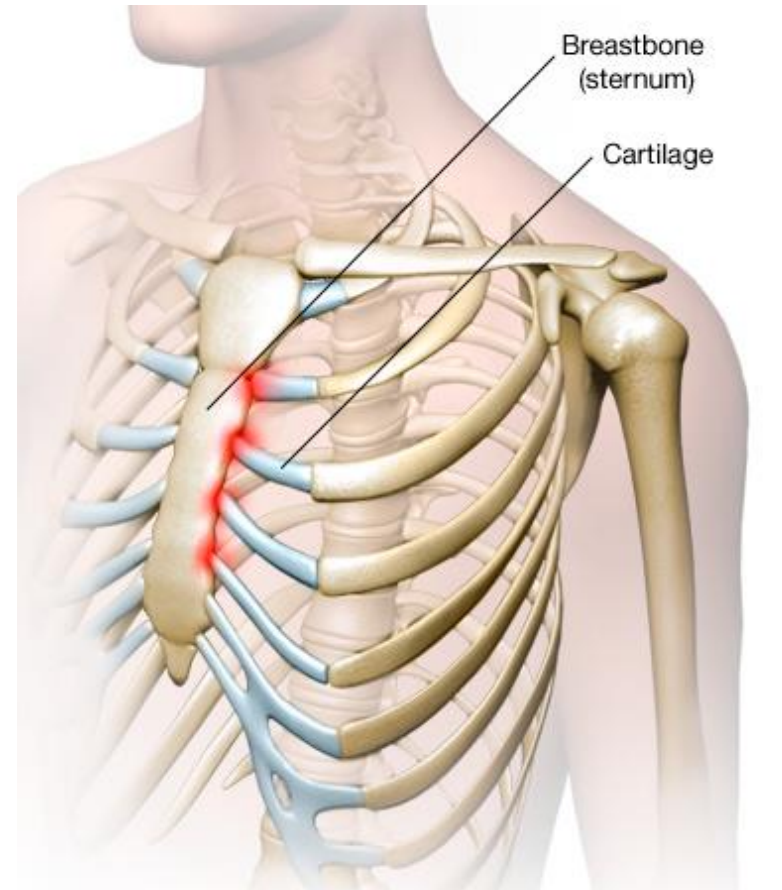
- Cardiopulmonary Resuscitation (CPR) consists of mouth-to-mouth respiration and chest compression.
- CPR allows oxygenated blood to circulate to vital organs such as the brain and heart.
- CPR can keep a person alive until more advanced procedures (such as defibrillation – an electric shock to the chest) can treat the cardiac arrest.
- CPR started by a bystander doubles the likelihood of survival for victims of cardiac arrest



Adult CPR – Chest Compression

Where to push?

- Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone
- Put the heel of your other hand on top of the first hand
- Straighten your arms and position your shoulder directly over your hand

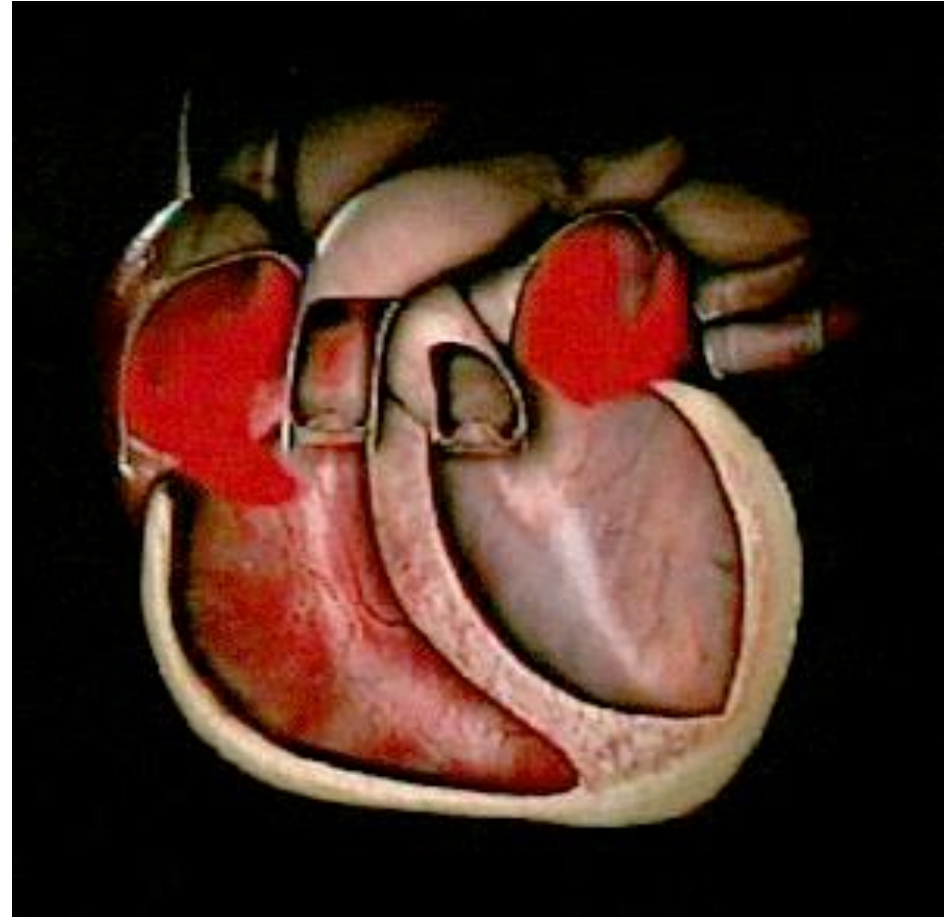


Chest Compression

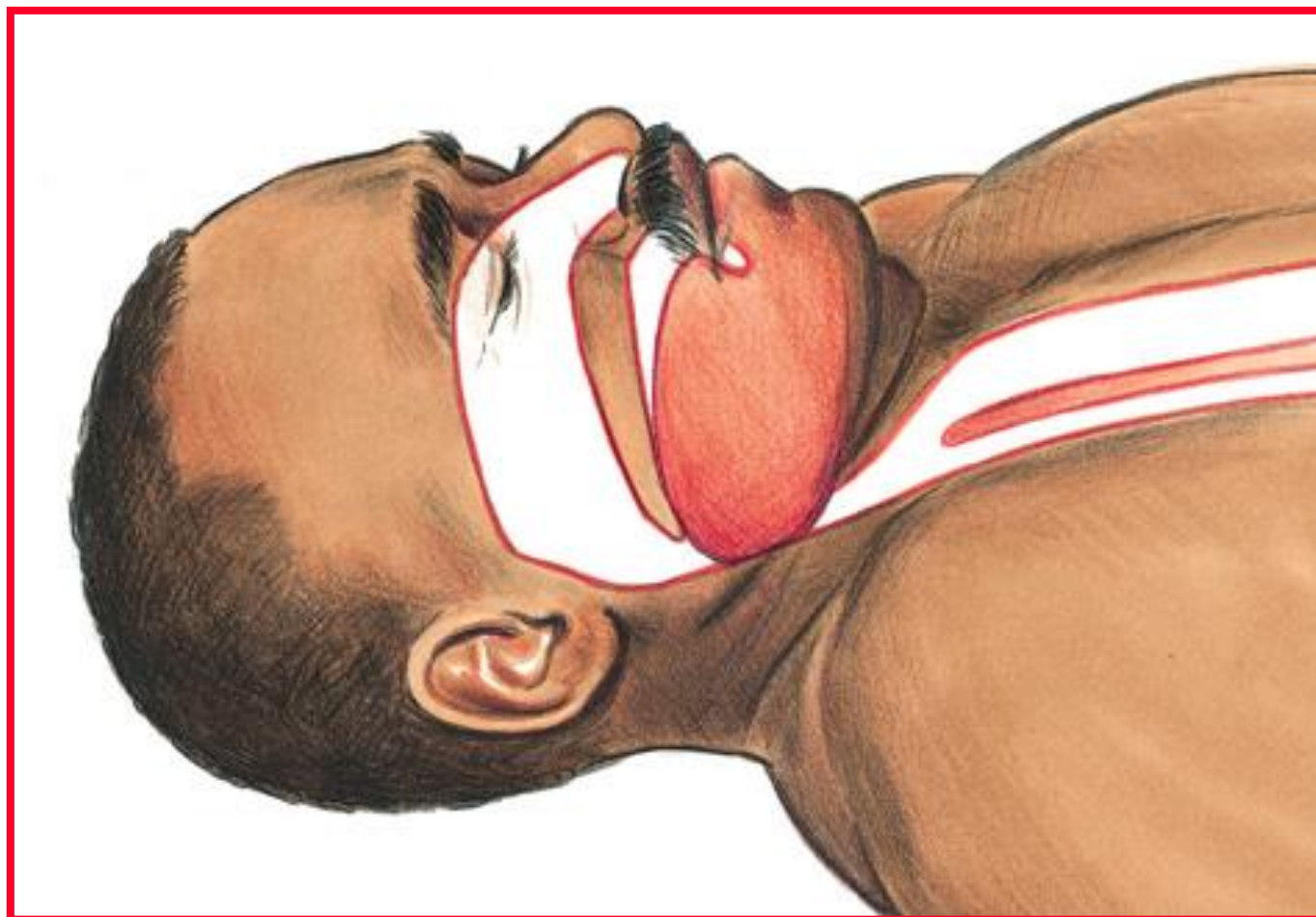
- PUSH HARD AND FAST !
- At least 100 times / minute
- At least 2 inches (5cm) deep
- Make sure you push straight down on the victim's breastbone
- At the end of each compression, make sure you allow the chest to recoil(re-expand)completely

Normal Heart Beat

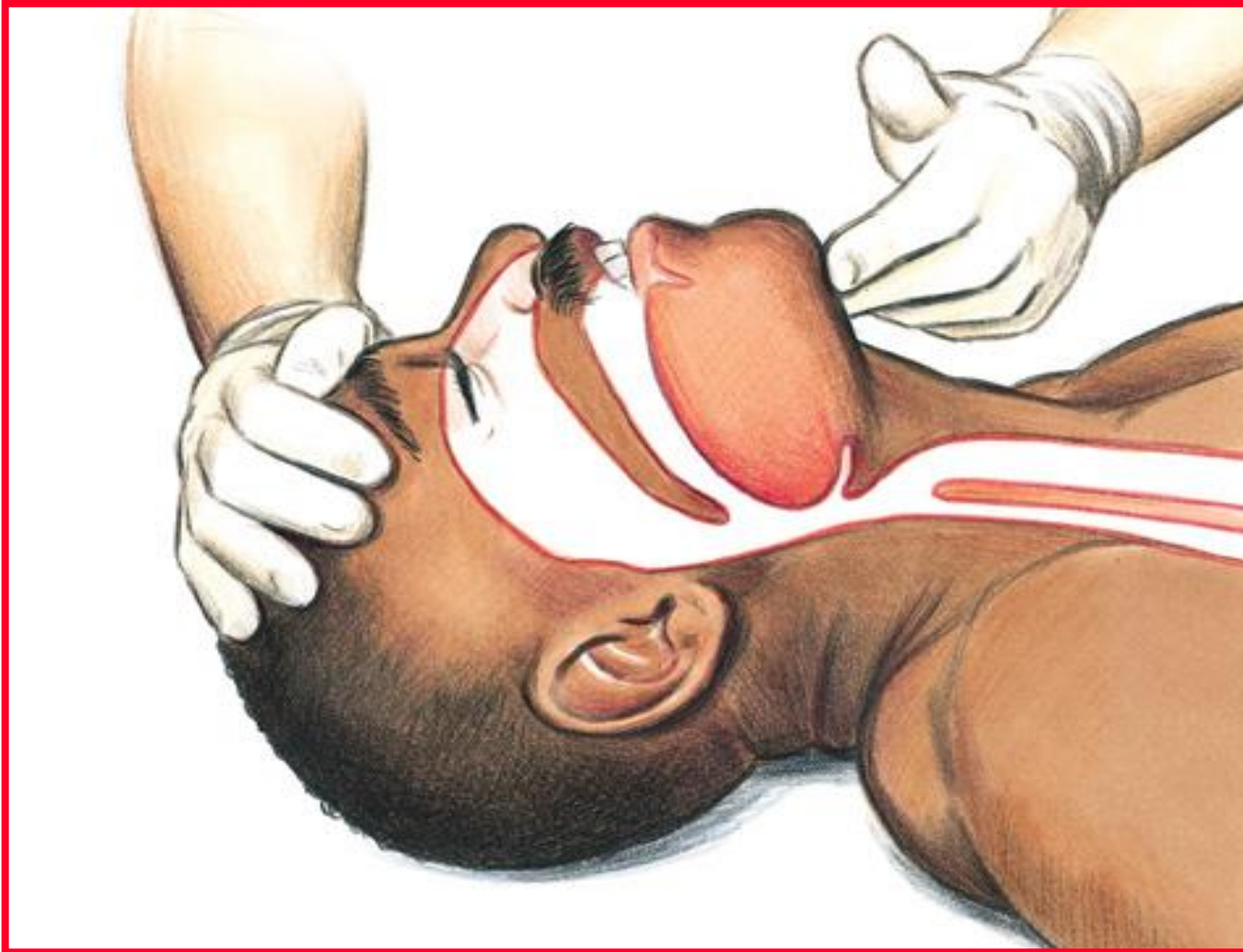
- Chest Recoil allows blood to flow into the heart and is necessary for chest compressions to create blood flow.
- Incomplete chest recoil is harmful because it reduces the blood flow created by chest compressions.



Mouth to Mouth Breathing



Head Tilt-Chin Lift Maneuver



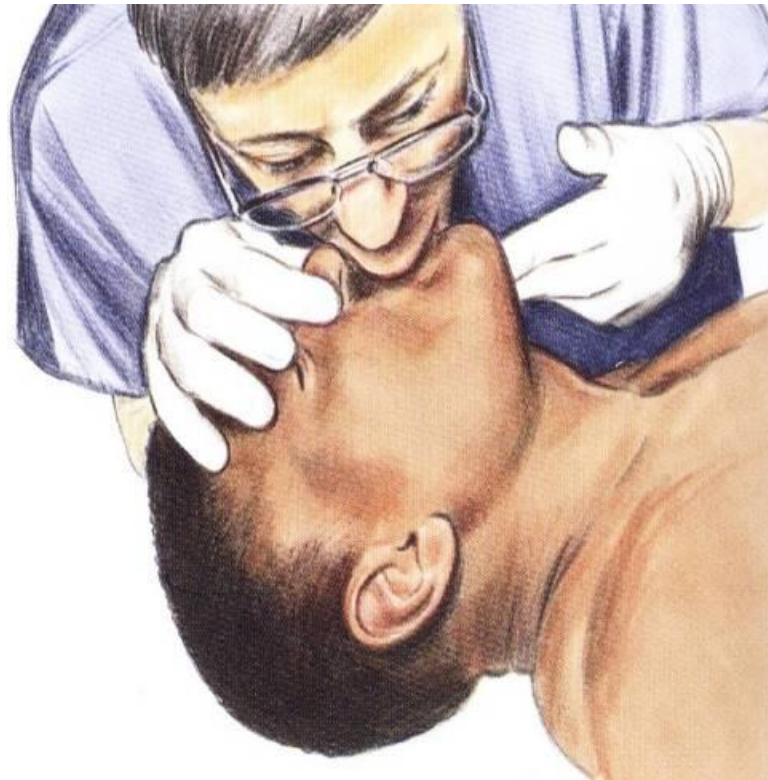
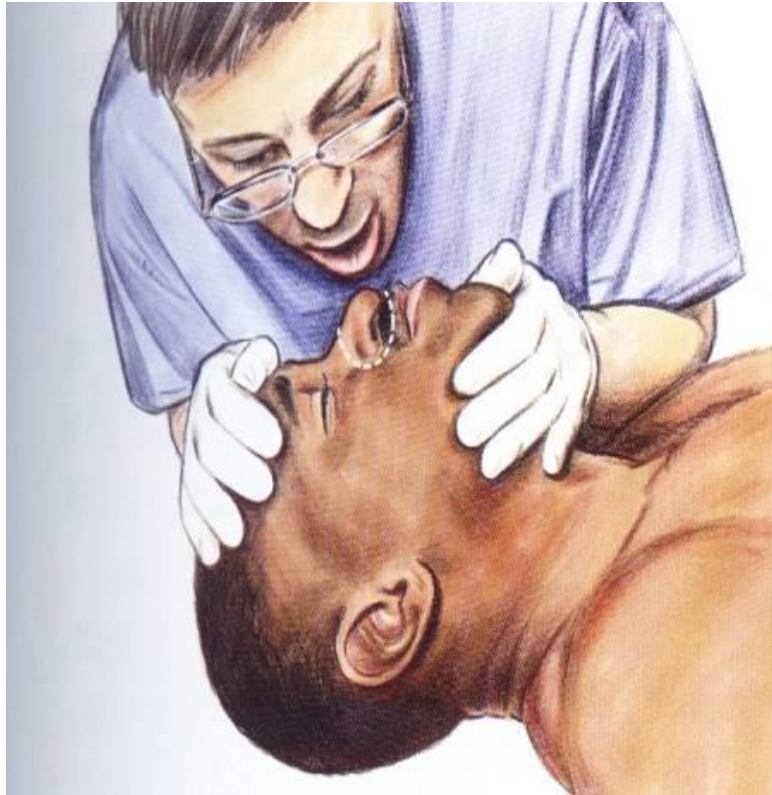
The head tilt-chin lift relieves airway obstruction in an unresponsive victim.

Mouth to mouth breathing

- Open the air way – Head Tilt-Chin Life
- Do not press the soft tissues of the neck or under the chin to avoid pressing the airway
- Do not use the thumb to lift the chin
- Do not close the victim's mouth completely

Mouth to mouth breathing

- Giving Breaths – Pinch the nose closed. Creating an airtight seal. Take a normal breath. Watch the chest rise as you give each breath.



Adult CPR

1. Make sure the scene is safe for you and the victim.
2. Make sure the victim is lying face up on a firm, flat surface.

Adult CPR

3. Position yourself at the victim's side / Kneel at the victim's side. Tap the victim's shoulder and shout, "Are you all right?" to check if the victim responds.
4. If the victim does not respond, yell for help. (activate the emergency response system). If no one comes, leave the victim to phone and get the AED if available

Adult CPR

5. Scan victim's chest and abdomen for signs of breathing, use more than 5 seconds but no more than 10 seconds.

6. Start Chest Compression if no signs of breathing. Give 30 compressions

7. Open the airway. Give 2 mouth-to-mouth breaths (1 second each).

Compression to breathing ration is 30 to 2

Adult CPR

8. Keeping CPR until AED arrives, the victim starts to move, or trained help takes over.

Child (1-8 Year of Age) CPR



Child (1 Year of Age to Puberty) CPR

- If no one can help. Do 5 cycles of CPR (2 minutes) until leave the victim to call for help and get the AED.

***Many Infants and children are thought to develop respiratory arrest and bradycardia before they develop cardiac arrest. If such children receive prompt CPR before development of cardiac arrest, they have a high survival rate.

- Chest Compression: at least $\frac{1}{3}$ the depth of the chest or approximately 2 inches (5 cm).

Infant CPR



- Compression depth, about 1 ½ inches (4 cm), or at least one third of the anterior-posterior depth of the infant's chest.

Automated External Defibrillator

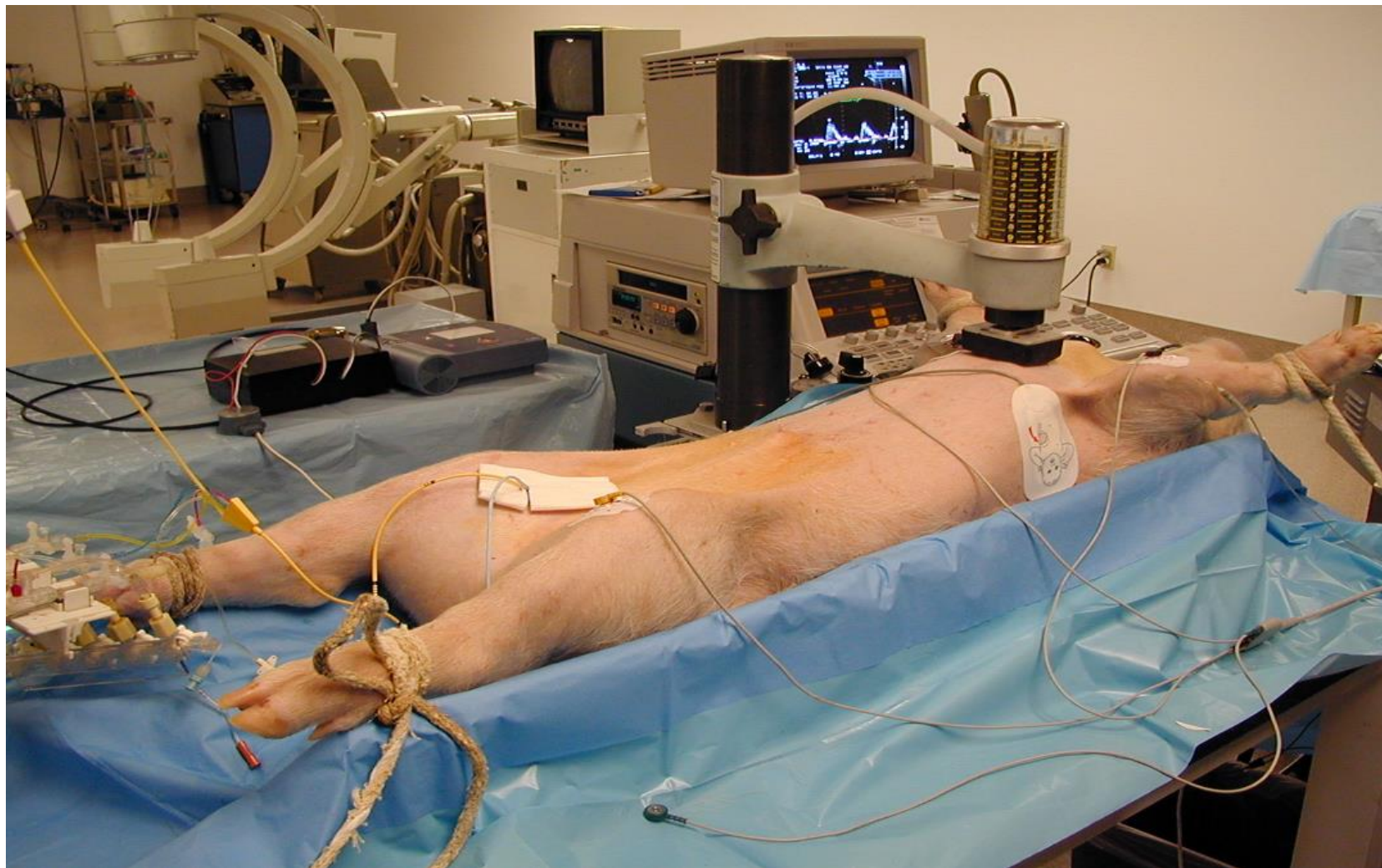


Automated External Defibrillator

- An automated external defibrillator (AED) is a portable electronic device that automatically diagnoses the life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.

Automated External Defibrillator





***THANK
YOU
!!!***