

Introduction to CPR

Cardiopulmonary Resuscitation (CPR) is a lifesaving technique that can be performed in emergency situations when someone's breathing or heartbeat has stopped. It involves chest compressions and rescue breaths to circulate oxygen and blood through the body.



by **MOHD REZAL MISKAM**



Importance of CPR

1 Saves Lives

CPR can greatly increase the chances of survival for someone experiencing cardiac arrest or respiratory failure.

2 Buys Time

CPR provides critical oxygen and blood flow until emergency medical services arrive.

3 Empowers Bystanders

Learning CPR allows anyone to potentially save a life in an emergency.



Basic CPR Steps

1

Check

Check the person's responsiveness and call for emergency help.

2

Compress

Begin chest compressions at a rate of 100-120 per minute.

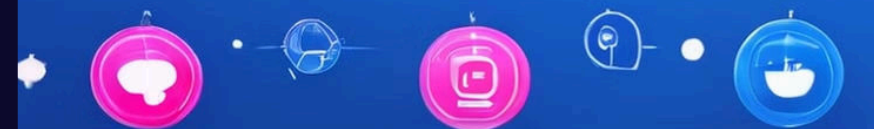
3

Breathe

Give 2 rescue breaths after every 30 chest compressions.

CRPRA

Check for responsiveness / Call for help / Push hard and fast in the center of the chest / Give 2 rescue breaths / Repeat the cycle



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Chest Compressions

1 Hand Placement

Place the heel of one hand on the center of the chest, then place the other hand on top.

2 Depth

Push down at least 2 inches (5 cm) on the chest, then allow it to fully recoil.

3 Rhythm

Maintain a steady, rhythmic compression rate of 100-120 per minute.



Rescue Breaths

Tilt Head

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

Pinch Nose

Pinch the person's nose and seal your mouth over theirs.

Give Breaths

Give 2 slow, gentle breaths lasting 1 second each.

Automated External Defibrillators (AEDs)

What is an AED?

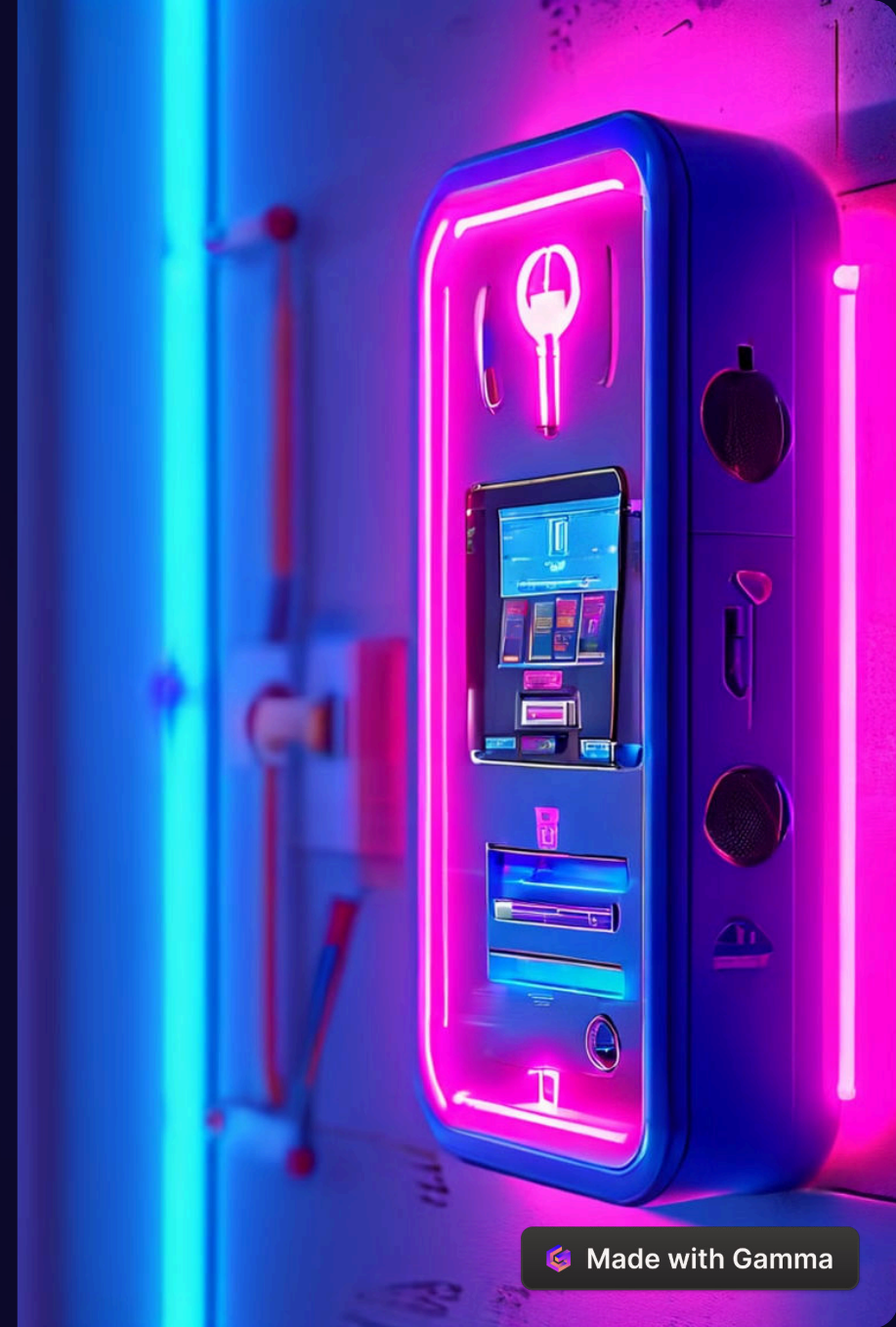
An AED is a portable device that can detect and correct abnormal heart rhythms through electric shock.

When to Use

AEDs should be used on unresponsive people who are not breathing normally, usually during cardiac arrest.

Easy to Use

AEDs have clear, spoken instructions and will only deliver a shock if it's needed.



CPR for Adults vs. Children

Adults

Use the heel of one hand for chest compressions, pushing down at least 2 inches.

Children

Use one or two hands, pushing down about 2 inches on the chest.

Infants

Use two fingers in the center of the chest, pushing down about 1.5 inches.

Conclusion and Recap

CPR is a critical skill that can mean the difference between life and death in an emergency. By learning the proper techniques for chest compressions, rescue breaths, and using an AED, you can be prepared to act quickly and save a life.

