

Basic Life Support

Our brain needs Glucose & Oxygen

He fell down

How to CPR (cardiopulmonary resuscitation)

- ※ I found the victim
- ※ I try to be careful the top and the right and the left

1. I examine victim's response
Are you all right? (Victim does not respond = No answer)
2. Please call an ambulance. Please bring AED.
(ex. Kyukyusya Onegaisimasu) Shout for HELP!!!
3. Open the airway by the head tilt-chin lift
4. Check breathing (within 10 second)
Look, listen and feel. 4. 5. 6. 7. 8. 9. 10
Use the recovery position if victim is enough breathing

If not breathing then...

5. Give 2 breaths by mouth to mouth (Make the chest rise)
(Take 1 seconds by one breath)
6. 30 Chest compressions & 2 breaths
Push hard, fast, and constant(100/min)
Make sure release a person from each compression.
Press down 4 to 5 cm
7. Continue 30 Chest compressions & 2 breaths.

How to use AED

8. Power on the AED **You can't use it for infants**
Attach electrode pads to victim's bare chest
 - Doesn't he get wet with water? WIPE the chest!
 - A necklace avoids it
 - Shave hair on the chest
 - It is 3 centimeters from a pacemaker
 - Don't place AED electrodes pads directly on TOP of a medication patch
- Clear the victim and Analyze the rhythm (Automatically)
10. Press the shock button if the AED advice
11. Continue 30 Chest compressions & 2 breaths.
12. AED analyze again 2 minutes later.