

Perform CPR

Do you know how to perform Cardiopulmonary Resuscitation ?

- 1) Safety First: Ensure the scene is safe for both you and the victim. Look out for any potential hazards.
- 2) Check Responsiveness: Gently tap the person's shoulder and shout, "Are you okay?" If there's no response, it's time to act.
- 3) Call for Help: Dial emergency services or direct someone else to do so. Quick professional intervention is crucial.
- 4) Begin CPR: Position Your Hands: Place the heel of one hand on the center of the person's chest. Place your other hand on top and interlock your fingers.
- 5) Give Compressions: Press down hard and fast, at least 2 inches deep, and at a rate of 100-120 compressions per minute. Allow the chest to rise fully between compressions.
- 6) Open the Airway: Tilt the head back slightly and lift the chin.
- 7) Provide Rescue Breaths (if trained): Pinch the nose shut, place your mouth fully over the person's mouth, and blow to make the chest rise. Give 2 breaths, each lasting about 1 second.
- 8) Continue CPR: Keep performing cycles of chest compressions and rescue breaths until medical professionals arrive or the person begins to show signs of life.

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