



Education and Culture

Leonardo da Vinci

Course: Health, Safety and Environment
Module 7

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MODULE 7

Objective:

Know the basic actions to be taken when an accident has occurred

Scope:

Have basic knowledge about CPR

Expected results:

Know the basic CPR principles and are able to start CPR

When something happens.

The basic rules when something happens are as follows and if it is personnel involved in the accident:

- What has happened ?
- Does the person breath ?
- Call for help
- Organize if you have more people present
- Start CPR if needed
- Continue until professional assistance are available

If more people are available then:

- Keep other people away from the area
- Plan for access by rescue team

Everybody should know about and when to administer CPR. When performed correctly, CPR can save a persons life by restoring breathing and circulation until advanced life support can be given by health care providers.

What Is CPR?

The letters in CPR stand for **cardiopulmonary resuscitation**, a combination of rescue breathing (mouth-to-mouth resuscitation) and chest compressions. Without oxygen, permanent brain damage or death can occur in less than 8 minutes.

Reading about CPR and learning when it's needed will give you a basic understanding of the concept and procedure, but it's strongly recommended that you learn the details of how to perform CPR by taking a course.

When Is CPR Needed?

CPR is most successful when administered as quickly as possible, but you must first determine if it's necessary. It should only be performed when a person isn't breathing or circulating blood adequately.

First, determine that it's safe to approach the person in trouble.. If someone touched an exposed wire and was electrocuted, you'd have to be certain that he or she is no longer in contact with electricity before offering assistance, to prevent becoming electrocuted yourself.

Once you know that you can safely approach someone who needs help, quickly evaluate whether the person is responsive. Look for things like eye opening, sounds from the mouth, or other signs of life like movement of the arms and legs.

The next step is to check if the victim is breathing. You can determine this by watching the person's chest for the rise and fall of breaths and listening for the sound of air going in and out of the lungs. In a CPR or basic life support (BLS) course, participants practice techniques for determining if breathing or circulation is adequate. If you can't determine whether someone is breathing, you should begin CPR and continue until help arrives.

Three Parts of CPR

The three basic parts of CPR are easily remembered as "ABC": **A** for airway, **B** for breathing, and **C** for circulation.

- **A is for airway.** The victim's airway must be open for breathing to be restored. The airway may be blocked when a person loses consciousness or may be obstructed by food or some other foreign object.
- **B is for breathing.** Rescue breathing is begun when the person is not breathing. Someone performing rescue breathing essentially breathes for the victim by forcing air into the lungs. This procedure includes breathing into the victim's mouth at correct intervals and checking for signs of life.
- **C is for circulation.** Chest compressions can sometimes restore circulation. Two rescue breaths should be provided and followed immediately by cycles of 15 chest compressions and 2 rescue breaths. It is not necessary to check for signs of circulation to perform this technique. This procedure involves pushing on the chest to help circulate blood and maintain blood flow to major organs.

1. CALL

Check the victim for responsiveness. If there is no response, Call ambulance urgently and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



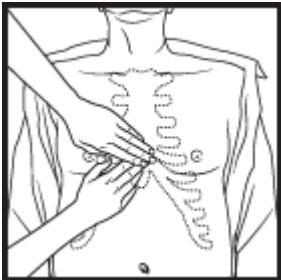
2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths.



3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 15 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES