

Cardiopulmonary Resuscitation (CPR) First Aid Treatment

Definition of Cardiopulmonary Resuscitation (CPR):

- Cardiopulmonary resuscitation (CPR) is a lifesaving method that is helpful in numerous emergencies. For example, a heart attack or close suffocating, in which somebody's breathing or heartbeat has halted.
- CPR is most commonly needed when someone goes into cardiac arrest (a heart attack) without notice, or they are choking on something and need assistance in breathing.
- Below are methods to deal with situations till medical help arrives.

CPR For Adults:

- Check whether victim for unconsciousness.
- If it is so call on emergency contact number and come back to victim.
- Emergency attended can help you in CPR.
- Tilt the head back and check for breathing.
- If not breathing, give artificial respiration by mouth and look for chest rise.
- Give it 2 times, each for 2 seconds.
- If still not breathing, start chest compressions.
- Push down on the chest 1 1/2 to 2 inches, 15 times right between chest.
- Repeat it 100 times per second.
- Continue with 2 breaths and 15 chest compressions till medical help arrives.

CPR for Children of age 1-8:

- It is same to performing quick CPR for adults.
- Below is the difference in case of children.
- Use one hand for chest compression.
- Compression should be deep to 1 to 1.5 inches.
- Follow 1 breath with 5 compressions.

CPR for Infants:

- Tap gently on child shoulder and shout.
- If no response, laid the child on his neck.
- Open the airway with head tilt, ensure not to stretch heath too far backside.
- Give 2 breaths.
- If no response, again give 2 gentle breaths. Each breath should be of 1.5 to 2 seconds and check chest rise along with it.
- Give 5 compressions at the rate of 100 per minute.
- Use your third and fourth finger at the centre of chest and below 0.5 inch below nipples. Compress down only 0.5 to 1 inch.
- Repeat 1 breath 5 compressions. After 1 min call emergency helpline.
- If observe pulses, give 1 breath every 3 seconds and stop chest compressions.

Note: Information given regarding CPR is purely for your knowledge. It won't replace training and give surety to perform CPR base on this material. Concern for more and accurate details and guidance for authority and experts of the same. Take advice from medico legal practitioner for more details.



Remember below things ;

1. **C: Compressions.**
2. **A: Airway.**
3. **B: Breathing.**

Complication may arise due to CPR:

- Aspiration and Vomiting.
- Myocardial Injury.
- Broken Ribs Bone.
- Spleen Injury.
- Internal Brain Injuries.
- Abdominal Distension.
- Aspiration Pneumonia.
- Coronary vessel injury.
- Fracture sternum.
- Pneumothorax.
- Liver Lacerations.
- Hepatitis.
- Fat Emboli.
- Infections.
- Interference with ventilation.
- Diaphragm Injury.
- Etc.

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