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### About the author

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The photos inside this guide for explaining purpose

### **What Is C.P.R?**

The letters in CPR stand for Cardio-Pulmonary Resuscitation, a combination of rescue breathing (mouth-to-mouth resuscitation) and chest compressions.

### **Why you should you know, learn C.P.R?**

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

### **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.

## C.P.R For Adults

In simple word (a person's heart stops beating) condition called cardiac arrest, to prevent brain damage and death. The heart may stop because of heart disease, a traffic accident, , or choking.

■ Anyone who has lost consciousness may need CPR. Also, confusion, weakness, and chest pain may signal that cardiac arrest is about to occur and CPR may be needed.

■ After the heart stops, even a few minutes' delay in starting CPR can mean the difference between life and death.

■ Performing CPR supports the heart and brain with oxygen until medical help arrives

## C.P.R For Adults

### Before we start (Three golden rules)

**1-Knowledge:** If you know exactly what you are doing do it, but if you don't step away because it's a matter of life and death

**2-Remember:** Don't panic when you see someone Unconscious, on finding casualty ensure your own safety first (Once you know that you can safely approach someone who needs Help)

**3-Call for medical help:** Until medical help arrive you will carry first aid

### So If

**You have the knowledge; you are calm, medical help underway**

Believe me when I say; you will carry C.P.R procedures with confidence

## C.P.R For Adults

### 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.

**CPR is as easy as**

**A - B - C**

**A**irway

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

**B**reathing

Give mouth-to-mouth  
rescue breaths

**C**ompressions

Push hard and fast  
on the center of  
the victim's chest

## C.P.R For Adults



**If the person appears to have lost consciousness:**

Ask Him, "Are you OK?" Call out loudly.

If there is no answer, gently tap the person's shoulder.

If there is still no response,

Immediately call for help

Keep always with you emergency number

put the person(casualty) lying flat on his back on hard surface,

Do you remember A B C then let's start : put your ear near his mouth and listen carefully if there is any breathing or air coming out- in



Using ear to check the breath because its more sensitive from your fingers

## C.P.R For Adults



Open the mouth and mop out any obvious obstruction such as blood , vomit or secretions, dentures

If dentures are worn only remove them, if they broken or displaced , use your fingers , a handkerchief or clean piece of cloth to remove them



Try your best to clean your hands or wear medical gloves if there any.

## C.P.R For Adults



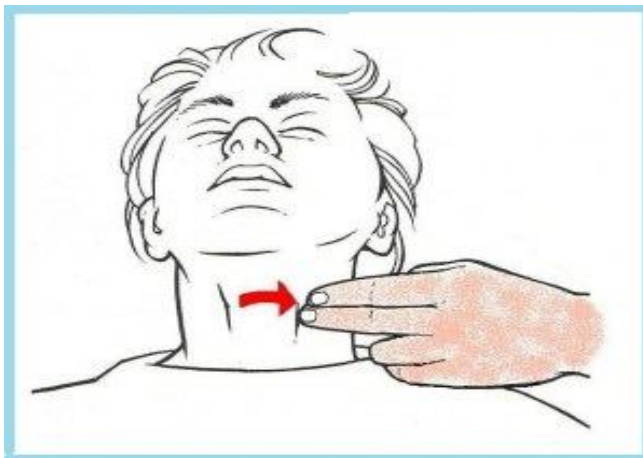
Put you head on his chest and listen carefully for the pulse of heart if there any

Is it enough to use this way?

To be more sure

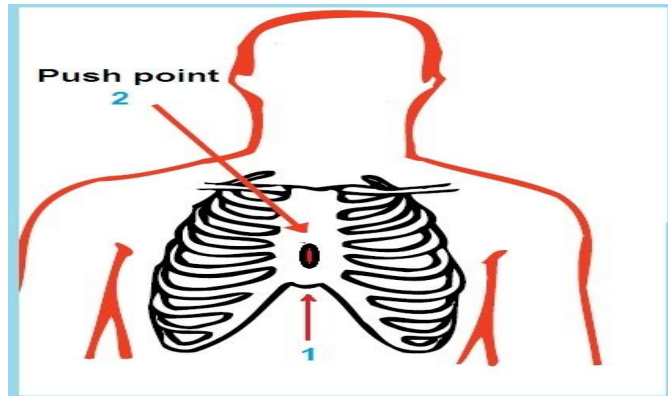
Put two fingers with gently push aside and little up to his throat

If no heart beat is felt, that's mean the heart has stopped



A trained first-aider must begin chest compression at once. Unless circulation is restored, the brain will be without oxygen and the person will be dead in 4-7 minutes

## C.P.R For Adults



as we said before the casualty must be **lying on his back on hard surface the compression otherwise will be lost.**

Do you Know where on his chest you will compress?

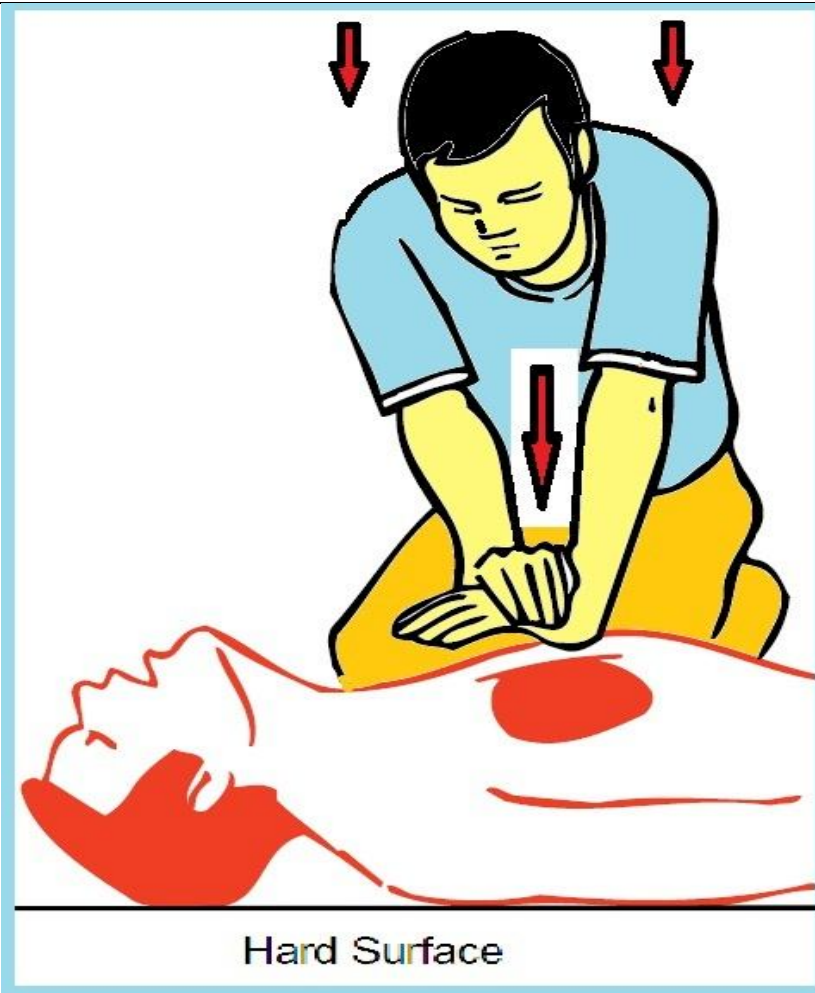
1-push point :will be on the middle of lower half of the breast bone will be sufficient to produce a downward movement of about 4-5 cm

2-breastbone that projects down part in middle of breast  
Push point distance will be two fingers up breastbone



Understand where to compress on the casualty breast is very important

## C.P.R For Adults



place your hands together and on push point



start push hard and fast give 30 compressions

In 30 seconds

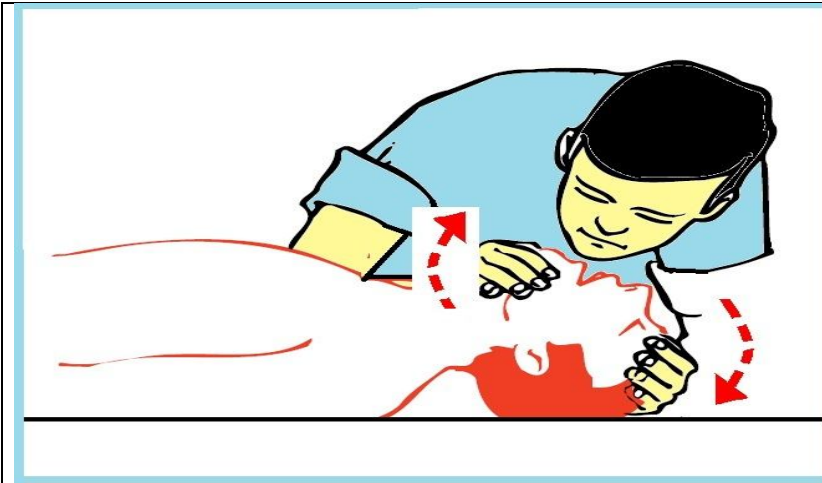
Use your shoulder and try to position yourself vertical The shoulder will help you to produce a downward movement of about 4-5 cm

After complete 30 times pushing swap to give the casualty mouth to mouth air for 2 times



Using shoulder in the compression operation will help the first aider and will make the compressing operation more easy ,remember the sufficient compression is to produce a downward movement of about 4-5 cm

## C.P.R For Adults



work from the side in a convenient position;  
with the casualty lying back, open the airway by making sure that the head is tilted back whilst lifting the chin upwards and forwards  
then Pinch the casualty's nose with your index finger and thumb. After taking a full breath, seal your lips about the casualty mouth and blow into his mouth **until you see the chest rise. This should take about 2 seconds for full inflation.** and remember  
give two effective inflations quickly, then note if the color of the face and lips is improving or not  
Repeat Again the set( 30 compressions -2 breath)



The intervals between 2 giving breath is 5 seconds , Compress for 30 times one compress =one second

## Recovery position

What if the casualty starts breathing?

You will put the casualty in recovery position

What is recovery position?

like the picture down

After putting the casualty in recovery position continue to monitor until emergency responders arrive

How to perform recovery position?

**If a person is unconscious but is breathing and has no other life-threatening conditions, they should be placed in the recovery position.**

Putting someone in the recovery position will ensure their airway remains clear and open. It also ensures that any vomit or fluid will not cause them to choke. To place someone in the recovery position:

- Roll a person on their side with their arms and upper leg at right angles to the body to support them.
- Tuck their upper hand under the side of their head so that their head is on the back of the hand.
- Open their airway by tilting the head back and lifting the chin.
- Monitor their breathing and pulse continuously.
- If their injuries allow you to, turn the person onto their other side after 30 minutes.

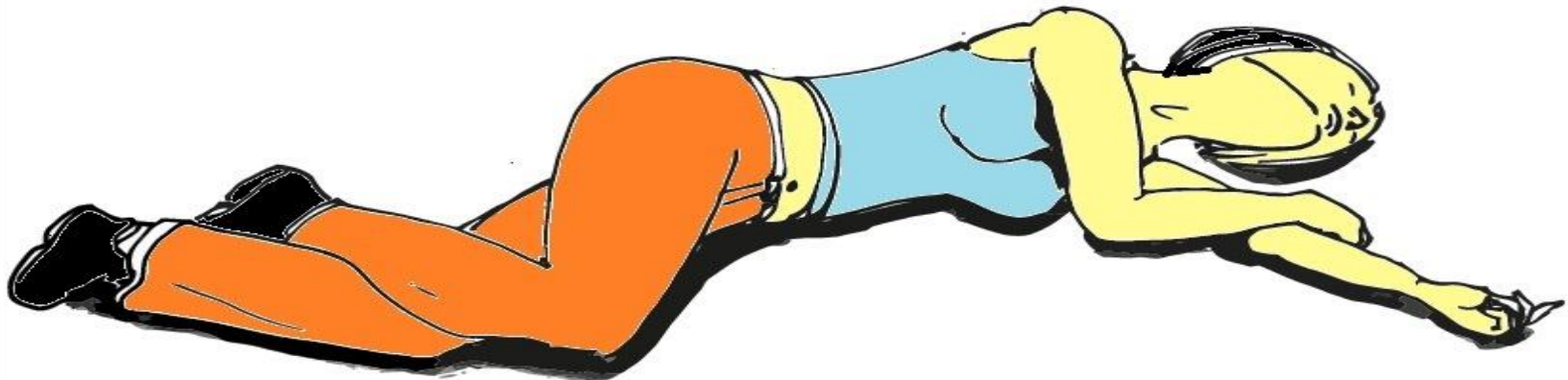
If the person has broken bone or any spinal injury:

Do not attempt to move them until the emergency services reach you, unless their airway is obstructed. If it is necessary to open their airway, place your hands on either side of their face and gently lift their jaw with your fingertips to open the airway. Take care not to move their neck.

You should suspect a spinal injury if the person:

## C.P.R For Adults

- has a head injury, especially one where there has been a large blow on the back of the head, and is or has been unconscious
- complains of severe pain in their neck or back
- won't move their neck
- feels weak, numb or paralyzed
- has lost control of their limbs, bladder or bowels
- has a twisted neck or back



### There are many questions to ask regard C.P.R

#### First

**For how long time you will compress for 30 times with giving 2 breath?**

Until the medical help come or arrive

Because by giving compress for 30 times with 2 breath you are providing body of casualty with oxygen and making the blood reach the brain

#### Second

**Why the set is 30 compressions and 2 breaths?**

1-You are giving the casualty minimum what his body need from oxygen and blood specially his brain Without oxygen reaching brain, permanent brain damage or death can occur within 4-6 minutes.

2-Easy to remember

#### Third

**What if the casualty starts breathing?**

put the casualty in recovery position

### Finally

**I hope this guide helped you understanding C.P.R and the easy steps to follow.**

**Capt : S.baradei**