

# BASIC RESUSCITATION PROCEDURES

Updated in accordance with AHA 2010 protocol

1

## Safety

Ensure there is no danger to you nor the injured person

2

## Verify if the injured person needs to be resuscitated (CPR)

- ▶ **Verbal consciousness** - Call out loud to the person
- ▶ **Physical consciousness** - Check the person's response to pain by pinching their neck/shoulder area
- ▶ **Breathing** - Look for in/out breathing movements and check for discoloration of the face

**An injured person who does not react or breathe (or takes slow, strenuous breaths) needs to be resuscitated (CPR)!**

3

## Call for medical assistance

- ▶ **Dial 2999** and report that you performing CPR on an injured person
- ▶ Send someone to look for the nearest available Defibrillator\*

4

## Perform strong, fast and continuous compression in the center of the person's chest

- Adult** – Use both hands
- Child** – Use one or both hands according to their body size
- Infant (up to 1-year old)** – Use two fingers only

**Continue to perform continuous chest compressions at a rate of 100 compressions per minute until a medical team or a defibrillator\* arrives!**

- ▶ If you are skilled in performing CPR and if you have someone to assist you, you can combine resuscitation with breathing at a rate of 2 breaths and 30 chest compressions.
- ▶ It is recommended to perform breathing only with a respiration mask and only with minimal interference to the continuous chest compressions.

\* Defibrillator is a resuscitation device that delivers an electric shock and can be operated by any individual.