

CPR (Cardiopulmonary Resuscitation) - First Aid

CPR is a life-saving technique used when someone's breathing or heartbeat stops. It keeps oxygenated blood moving to the brain and heart until advanced care arrives. Quick, correct action can save a life.

Common Causes of Cardiac Arrest

- Heart attack or underlying heart disease
- Drowning, choking, or airway obstruction
- Severe allergic reactions (anaphylaxis)
- Electrocution
- Major trauma or severe blood loss
- Drug overdose or respiratory failure





How to Perform Adult CPR (Basic Steps)

- **Check safety:** Make sure the scene is safe for you and the victim.
- **Check responsiveness:** Tap the person and shout, "Are you okay?"
- **Call for help:** If no response, call emergency services (or tell someone to call) and get an AED if available.
- **Open airway & check breathing:** Tilt head back slightly and look, listen, and feel for breathing (no more than 10 seconds).
- **Start chest compressions:** Place the heel of one hand on the center of the chest, other hand on top, interlock fingers. Push hard and fast—about 2 inches (5 cm) deep at 100–120 compressions per minute.
- **Rescue breaths (if trained):** After 30 compressions, give 2 breaths—pinch the nose, seal mouth, and blow until chest rises. Continue cycles of 30:2.
- **Hands-only option:** If you're untrained or unwilling to give breaths, continue continuous chest compressions until help arrives.

What NOT to Do

- Do not stop CPR once started unless a trained responder takes over or the person recovers.

- Do not give rescue breaths without training if airway protection is uncertain (focus on chest compressions).
- Do not delay calling emergency services to look for a pulse if you are not confident — start compressions.
- Do not move the person unless there is immediate danger (fire, collapse risk, etc.).





When to Seek Medical Help / Call Emergency

- If the person is unresponsive and not breathing normally.
- If there is sudden collapse, no movement, or irregular breathing.
- If you see signs of life that then stop — continue CPR.
- If you are unsure, call emergency services immediately and start CPR.
- Always use an AED as soon as one is available.

Preventing Cardiac Arrest

Many cases can be reduced by managing risk factors, keeping a heart-healthy lifestyle, and learning emergency skills like CPR and AED use.

Maintain Heart Health

- Exercise regularly (aim for ~30 minutes most days).

- Eat a balanced diet low in saturated fats and rich in fruits/vegetables.
- Avoid smoking and limit alcohol intake.
- Manage stress and sleep well.





Monitor & Manage Risks

- Have regular check-ups: blood pressure, cholesterol, diabetes screening.
- Follow medical advice and take prescribed medications.
- Learn CPR and how to use an AED — train frequently to stay confident.
- Keep emergency phone numbers and a first-aid kit accessible.

Recognize Warning Signs

- Severe chest pain or pressure, shortness of breath, or fainting.
- Sudden dizziness, weakness, or palpitations.
- Seek immediate medical attention for suspicious cardiac symptoms.



🚑 Treatment & Support After CPR

CPR maintains circulation until advanced care arrives. Definitive treatment is provided in hospital and may include defibrillation, airway management, medications, and monitoring.

🚫 CPR buys time — it's not a definitive cure

After successful resuscitation, healthcare teams may use an AED/defibrillator, administer medications to stabilize the heart, provide oxygen, or perform other advanced interventions to treat the underlying cause.