

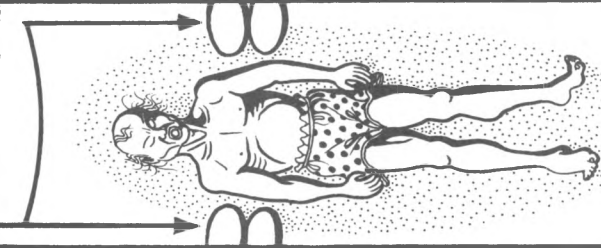
CPR

HEART MASSAGE

Emergency Stimulation For Victim With No Heartbeat

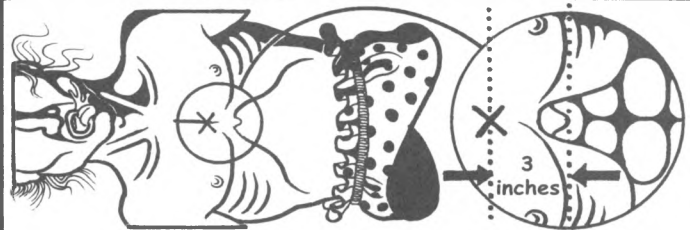
8 KNEEL CLOSE TO VICTIM'S CHEST

With victim on back, on hard surface, kneel facing chest. Here or here



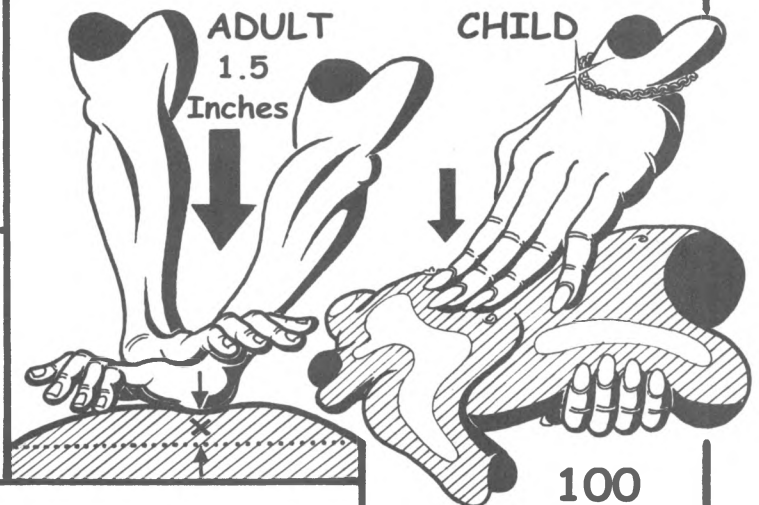
9 QUICKLY LOCATE COMPRESSION POINT

Pull clothes up. Locate bottom of center of rib cage & come up 3 inches (adult) less on child.



10 WITH BALL OF HAND ON POINT (OTHER HAND ON TOP OF IT) - COMPRESS CHEST (ADULT) 1.5 INCHES 75 TIMES PER MINUTE

11 - IMPORTANT - 2 QUICK FULL MOUTH-TO-MOUTH BREATHS ARE REQUIRED EVERY 15 CHEST COMPRESSIONS



12 DO NOT STOP FOR MORE THAN 5 SECS.

13 15 COMPRESSIONS, 2 BREATHS ETC.

14 CHECK FOR A PULSE OCCASIONALLY

100
Times/Minute

With 1 breath
every 5 compressions.
Do not stop either

— NOTES —

- Before starting heart massage, a single hard blow with the ball of the hand to the victim's compression point (careful with children) may stimulate the heart to restart pumping immediately.
- Number of heart beats/minute is higher in young victims.
- An infant's pulse is best checked on inside of upper arm.
- A child's compression point is about midway between nipples.
- The first breaths of mouth-to-mouth resuscitation are given as fast as possible to saturate the blood with oxygen.
- If two rescuers are present #1 may do chest compression's at 60/minute & #2 give a mouth-to-mouth breath every 5th compression & check the pulse (swap jobs periodically).

WARNING: NEVER PRACTICE HEART MASSAGE ON A LIVING PERSON