

CARDIOPULMONARY RESUSCITACION



1. address and gently shake by the shoulders
2. perform a head tilt to open airway
3. check the breathing - no breathing? or abnormal breathing?
4. call the ambulance
5. perform 30 chest compressions in the middle of the chest using both hands, depth of 5-6 cm, speed of 100-120 compressions/minute
6. deliver 2 rescue breaths
7. continue resuscitating in 30:2 ratio until ambulance arrives



USE OF AED



AUTOMATED EXTERNAL DEFIBRILLATOR



1. if the victim is unconscious and not breathing, call the ambulance
2. start CPR immediately
3. if the AED is present, take it (or send someone to bring it)
4. open AED and turn it on
5. place electrodes as show on the pictograms
6. follow instructions given by AED



MASSIVE BLEEDING CONTROL



1. mind your own safety - use gloves or plastic bag as protection
2. find the source of bleeding
3. apply direct pressure on the wound with your finger or hand
4. if the first aid kit is available, apply pressure bandage
5. call the ambulance
6. monitor the wounded place until ambulance arrives