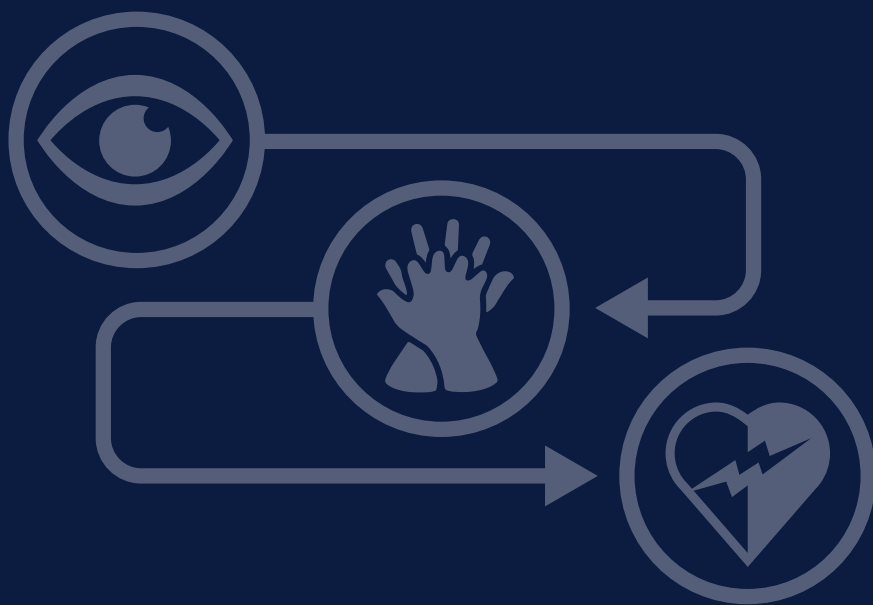
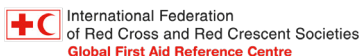


CardioPulmonary Resuscitation and Defibrillation **CPRD training**



A collaborative initiative by
French Red Cross – Global First Aid Reference Centre - Philips Design – Philips Foundation



Philips
Foundation



1

Check the surroundings

- Check the scene and the person
- Make sure the scene is safe, then tap the person on the shoulder
- Shout « *Are you OK?* » to ensure that the person is unconscious





2

Call emergency

- If the person is unconscious, call (or ask a bystander to call) the emergency number
- Send someone to get an AED (Automated External Defibrillator), if available





3

Open the airway

- With the victim lying on his or her back, tilt the head back slightly to lift the chin





4

Check for breathing

- Check whether the victim's chest lifts and lowers regularly
- Listen carefully by placing your ear close to the victim's mouth to listen for breathing, until 10 seconds

Attention: The person may be taking infrequent noisy gasps. This is not to be confused with normal breathing

- If there is no breathing, begin CPR (Cardiopulmonary Resuscitation)





1

Position your hand

- Knee beside the victim
- Place the heel of one hand to the center of the chest





2

Interlock fingers

- Cover the first hand with your other hand
- Interlock with fingers

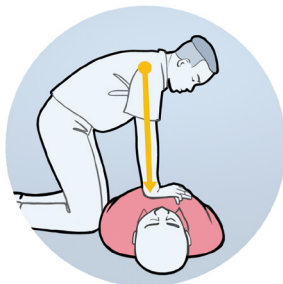




3

Keep your arms straight

- Position yourself so that your shoulders are directly over your hands
- Keep your arms straight and lock your elbows

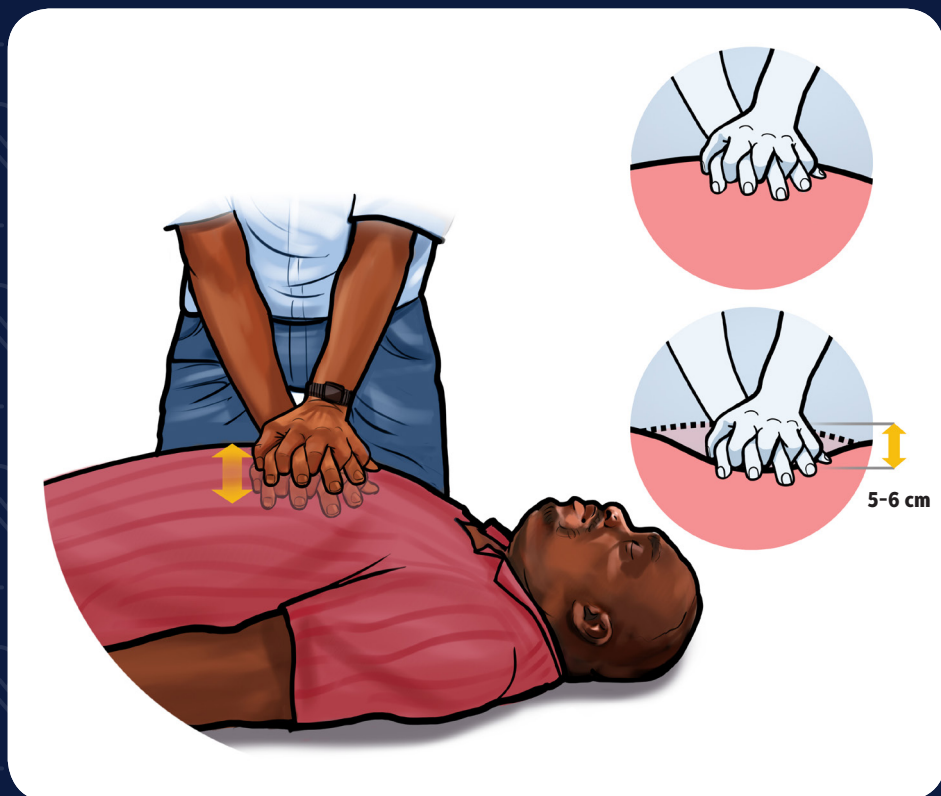




4

Give 30 chest compressions

- Push firmly downwards about 5-6 centimeters
- Push fast at a rate of 100-120 compressions per minute
- Keep your hands on chest and allow the chest to return to its original position per compression





5

Open the airway

- Once you have given 30 compressions, prepare to give 2 rescue breaths
- Use the head-tilt/chin-lift technique to open the airway





6

Give 2 rescue breaths

- Pinch the nose shut and place your mouth over the victim's mouth to make a complete seal
- Blow in for about 1 second to make the chest clearly rise
- Give 2 rescue breaths





5

6

7

Repeat chest compressions and rescue breaths

- Continue CPR until an AED is delivered for defibrillation or an ambulance arrives



30
compressions

2
rescue
breaths





1

Make sure the victim is dry

- If the victim is lying in water, move him or her to a relatively dry area before using the AED





2

Turn on the AED

- Open the AED box
- Turn on the AED and follow the visual and/or audio prompts



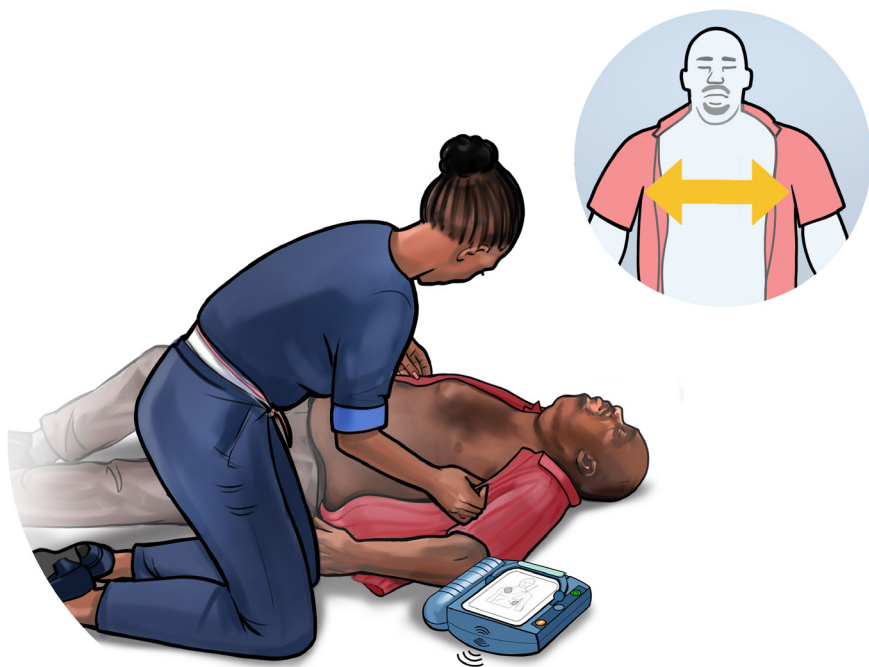


3

Prepare the chest area

- Open the victim's shirt. If the skin is wet, be sure to wipe the victim's chest dry before placing the electrode pads
- If the victim is wearing a bra, remove it before placing the AED pads

Attention: Such contact with bra can cause electrical arcing and patient skin burns during defibrillation and may divert defibrillating current away from the heart

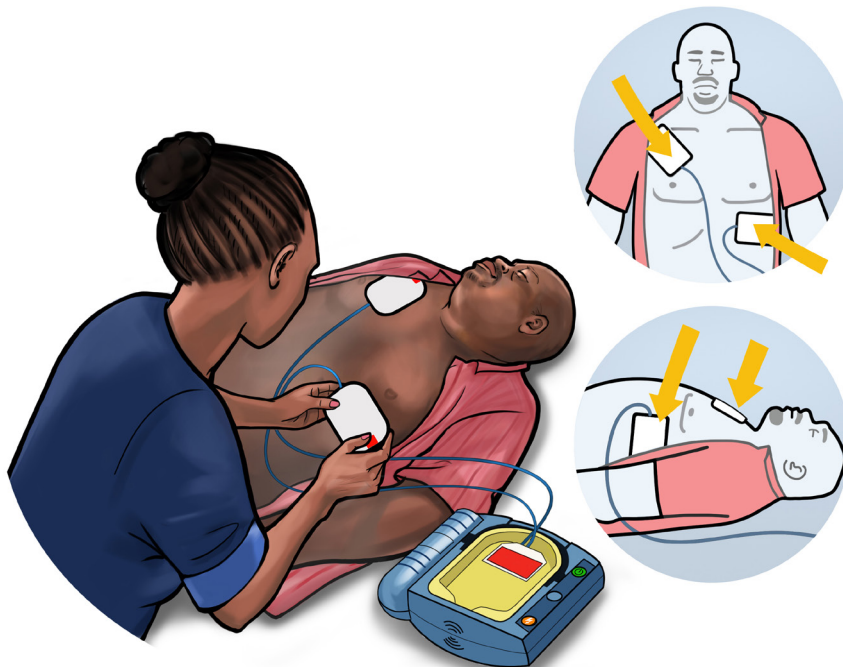




4

Apply the electrode pads

- Apply the electrode pads of AED to the corresponding positions
- Plug in the connector (if necessary)





5

Stand clear

- Make sure no one, including you, is touching the victim
- Tell everyone to « *Stand clear!* »

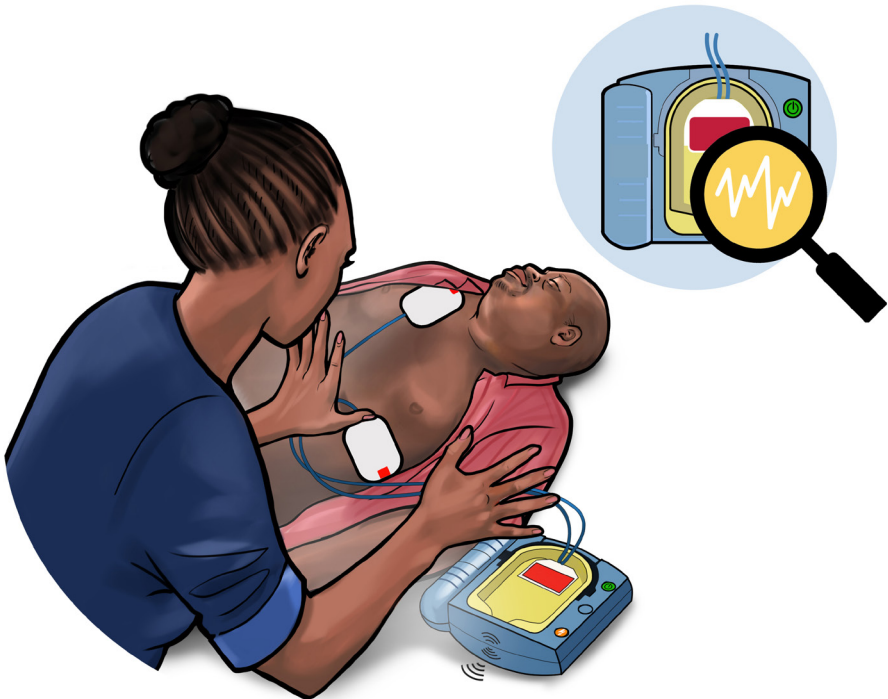




6

Let the AED analyze

- Allow the AED to analyze the victim's heart rhythm
- Push the “analyze” button (if necessary)





7

Shock the victim if needed

- If the AED advises to deliver a shock, tell everyone to « *Stand clear!* » and make sure that no one is touching the victim
- Once clear, press the “shock” button (if necessary)





ASSESS SITUATION



CPR



DEFIBRILLATION

8

Continue CPR

- Immediately begin CPR after delivering the shock (or, if no shock is advised)
- Continue to follow the AED's prompts
- Continue CPR until :
 - . the victim exhibits obvious signs of life (for example, breathing)
 - . EMS (Emergency Medical Services) / a trained medical responder arrives



