

♥ What Is CPR?

Cardiopulmonary resuscitation (CPR) is an emergency treatment that try to restart the heart and breathing during cardiac arrest by performing chest compressions and artificial respiration.

Cardiac arrest victims become unconscious within 15 seconds after the heart stops and if no CPR is performed, it only takes 3 to 4 minutes for the person to become brain dead due to a lack of oxygen.

By performing CPR as soon as the heart stops, you circulate the blood so it can provide oxygen to the body in order to stay the brain and the other organs alive. The person's chances of survival drop as the time passes by, however, it will slow down if CPR is performed. Moreover, combining CPR and AED (automatic external defibrillator) will be more effective for survival and to prevent after effects.

✂ To save people's life, YOU are the person to take an action.

♥ How and When to Call an Ambulance

In recent years, the ambulance wait time has increased due to the rising numbers of ambulance usage.

How long does it take for an ambulance to arrive in Japan?

It generally takes about 8 minutes on average to arrive in Japan and about 6 minutes in Sapporo.

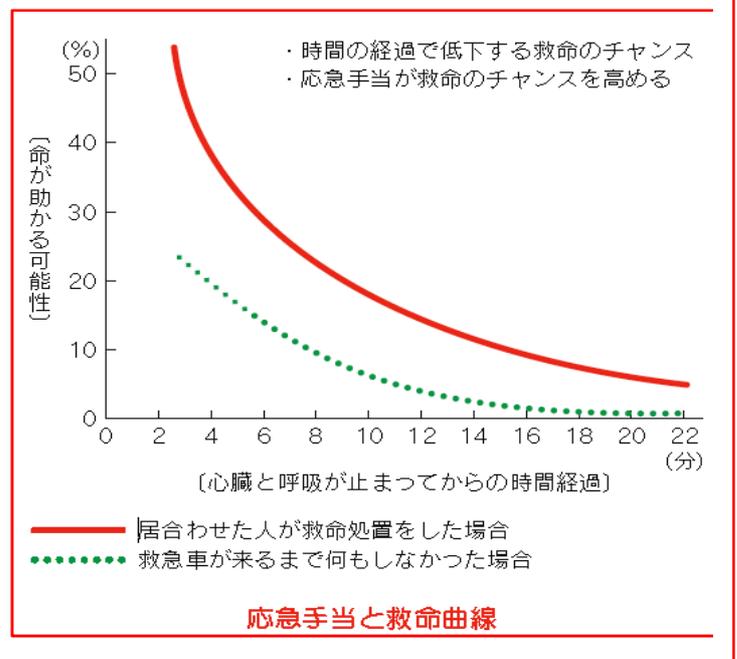
When to call an ambulance?

Patients with less serious and non-urgent health concerns should be diverted from calling an ambulance. For example...

- "It's not bleeding anymore but I got a papercut on my finger."
- "I called an ambulance because my home helper didn't come."
- "I called an ambulance so that the doctor will see me faster."

Patients who require emergency treatments should not hesitate and immediately call an ambulance. This corresponds to these cases for example...

- A patient cannot speak clearly.
- A sudden weakness in the patient's hands and feet.
- Sudden difficulty breathing.
- Feeling tightness in chest.



☆ Continue the following process until emergency personnel arrive or signs of life return such as normal breathing, coughing, or movement.

✘ Even after the AED has decided whether to give a shock to the victim, continue chest compression and artificial respiration until you see the signs of life return.

