

♥ Administering CPR

① Assess the Victim's Consciousness.

- ◎ Gently tap his or her shoulder and ask "Are you OK?" in a loud, clear voice. If he or she responds, CPR is not required but if doesn't, continue with the following steps.



② Send for Help

- ◎ If he or she doesn't respond, send for help around you.
- ◎ If more people are available around you, give directions to each person. When giving directions, be specifically as much as possible. For example, "Please bring AED!" or "Please call 119."



③ Check for Breathing

- ◎ Check whether he or she is breathing normally.
- ◎ Sit by the victim and check whether his or her chest and stomach is moving or not.



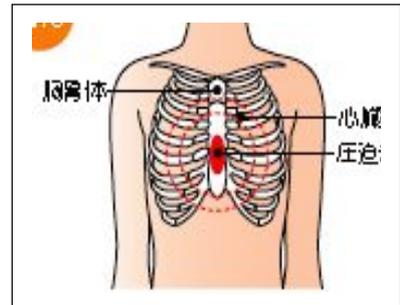
④ Perform Chest Compressions

- ◎ If he or she is not breathing normally, perform chest compressions immediately.



※ Performing Chest Compressions

- ◎ Place the heel of one hand on the victim's breastbone.
- ◎ Place your other hand on top of the first hand and interlace the fingers.
- ◎ Lock your elbows and using your body's weight, compress the victim's chest. The depth of compressions should be approximately 5 cm.
- ◎ Perform 30 chest compressions at roughly 100 times per minute.
- ◎ After each compression, allow the chest to recoil completely.
- ◎ To an infant, use only one hand to perform heart compressions. Compress about 1/3 the depth of the chest.
- ◎ **To procedure for giving CPR to a child is essentially the same as that for an adult. The difference is use only one hand to perform heart compressions and gently compress about 1/3 the depth of the chest.**



⑤ Perform Artificial Respiration

After compressing the victim's chest for 30 times, give rescue breaths.

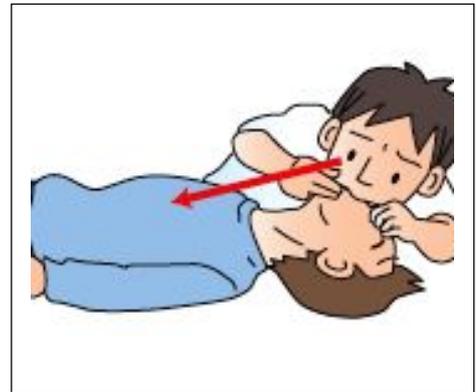
☆ Airway Management (Head-tilt chin-lift)

- ◎ Ensure an open pathway between a victim's lungs and the outside world. (Open the airway)
- ◎ Place one hand on the forehead of the victim while grasping the bony portion of the chin with the other. Tilt the head and lift the chin at the same time. This lifts the tongue and creates a pocket for oxygen to travel.



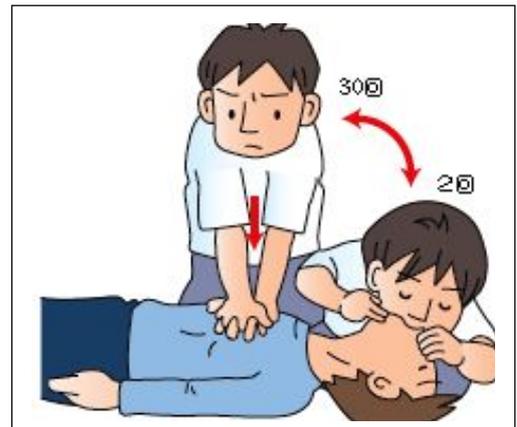
☆ **Artificial Respiration (Mouth to Mouth)**

- ⊙ Open the victim's airway and pinch the victim's nose with your thumb and index finger.
- ⊙ Cover the victim's mouth completely with your mouth and give a regular breath for about 1 second into the victim. Check whether the victim's chest rises or not.
- ⊙ Let the victim exhale and give the second breath just as you did with the first breath.



⑥ **Continue CPR**

- ⊙ Repeat the cycle of 30 chest compressions and 2 rescue breaths.
- ⊙ Continue CPR until emergency personnel arrive or signs of life return.

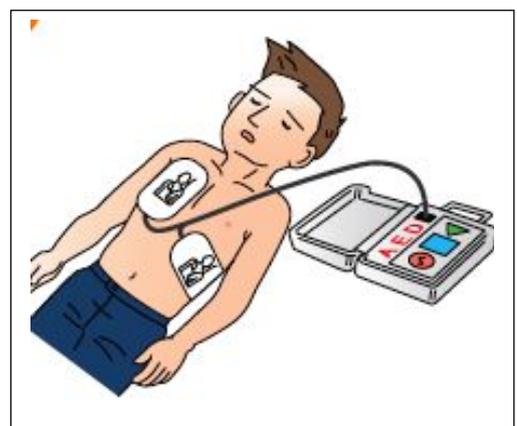
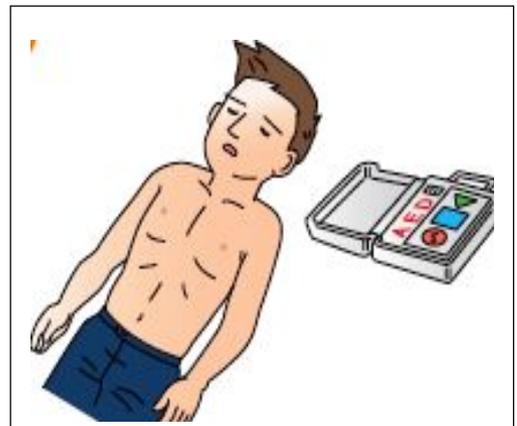


♥ **Using an AED**

- ⊙ If an AED is available in the immediate area, use it as soon as possible to jump-start the victim's heart.
- ⊙ Resume CPR while preparing AED.

⑦ **How to Use an AED**

- ⊙ Place the AED by the victim and open the lid of the AED.
- ⊙ Turn on the AED. (Some AED will turn on automatically right after the lid is opened.)
- ⊙ Follow the visual & voice prompts of the AED.
- ⊙ Fully expose the victim's chest.
- ⊙ Attach the sticky pads with electrodes to the victim's chest.



⑧ Analyze the Heart Rhythm

- ◎ The AED will advise not to touch the victim while it is analyzing the victim's heart. Verbally and physically look head to toe to make sure no person is touching the victim.
- ◎ If you get "no shock advised", resume CPR immediately.
- ◎ Once an AED is placed, never remove the pads from the victim's chest or turn the AED off.



⑨ Deliver a Shock

- ◎ If a shock is needed, the AED will let you know when to deliver it. Stand clear of the victim and make sure others are clear before you push the AED's "shock" button.



⑩ Resume CPR

- ◎ After delivering a shock, the AED will instruct you to resume CPR.

⑪ Continue the Cycle of AED and CPR

- ◎ After 2 minutes of CPR, the AED will analyze the victim's heart automatically. Follow the voice prompts and keep away from the victim.
- ◎ Repeat the process of operation and perform the tasks indicated by the AED.
- ◎ If the victim's chest is wet, dry it before attaching the sticky pads.
- ◎ If the victim is attaching a medicinal patch, peel it off and wipe off the medicine before attaching the sticky pads.
- ◎ Check the victim for implanted medical devices. Avoid the sticky pads away from implanted devices so the electric current can flow freely between the pads.

