

Determine the victim's Unconsciousness

If you witness someone collapse, check for responsiveness by tapping the shoulder and calling the person.

Try not to shout and surprise the victim. Call in a loud, clear voice.

Also, if the victim's eyes are open but doesn't respond or the victim seems like going into convulsions, you may determine that the victim is unconscious.

Call for Help

If the person doesn't respond, shout for help.

If there are someone around you, choose the person and instruct them to call 119 and bring the AED.

To decrease confusion, point to the person specifically and have them call an ambulance.

If you are alone, call 119 before administering CPR. Also, if you know that there's an AED nearby, go and get the AED beforehand.

Check for breathing

Check for normal breathing.

Place your ear over their nose and mouth and listen for breathing for about 10 seconds. Look at their chests to see if it rises.

When there's no movements on the patients' chest or stomach, when you can not detect the breathing for 10 seconds, when you hear an abnormal breathing such as gasping or snoring breaths, you may determine these cases as not breathing.

Begin chest compression

When the patient is not breathing normally, perform CPR compressions immediately.

Place the heel of one hand between the victim's chest and place your other hand on top of the first hand, interlacing your fingers.

Lock your elbows and using your body weight, compress the victim's chest. The depth of compressions should be approximately 5cm and perform 30 compressions at a rate of at least 100 times per minute.

After each compression, allow the chest to recoil completely.

Begin rescue breathing (Mouth-to-mouth)

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

Open the airway between the victim's lungs and the outside world.

Place one hand on the forehead of the victim while grasping the chin with your index finger and middle finger. Tilt the head and lift the chin at the same time.

Pinch the victim's nose with your thumb and index finger. Open your mouth widely and cover the victim's mouth and give a regular breath for about 1 second into the victim. Check whether the victim's chest rises.

Let the victim exhale and give the second breath just as you did with the first breath.

Even if the victim's chest doesn't rise after giving 2 rescue breaths, do not give more breaths and resume chest compressions immediately. Try to minimize the frequency and duration of interruptions in compressions.

If you don't have a barrier device or the victim is bleeding and you hesitate to give mouth-to-mouth breathing, you can omit rescue breathing and move to chest compressions immediately.

Continue CPR(repeating chest compression and rescue breath)

After giving 2 rescue breaths to the victim, repeat the cycle of 30 chest compressions and 2 rescue breath until emergency personnel arrive.

If there are more than 2 people, you may take turns performing CPR by about 2 minutes.

You may stop performing CPR when the emergency personnel arrive and take over, or the victim shows the signs of life return such as normal breathing or a moan. Do not stop performing CPR right after the emergency personnel arrive and continue until you are given an instruction.

The procedure of using an AED

Continue CPR until an automatic external defibrillator or AED arrives and is ready to use.

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.

After the AED is turned on, follow the instructions from the voice record.

Start getting the clothes off their chest Open the bag and take out the electrode pads. Peel the pads off and apply to the bare skin exactly as shown in the picture.

Follow the guide and connect the cable to the device.

It evaluates the heart rhythm automatically. Stay clear until it finishes.

While performing CPR, the AED will interrupt you at intervals so it can check if another shock is necessary. Just follow what AED tells you to do after you turned it on. Perform the cycle of evaluating heart rhythm, shock, and CPR every 2 minutes.

If the victim's chest is wet, wipe it off with the towel and attach the electrode pads.

If the victim has an implanted medical devices in ther chest, avoid the sticky pads away from implanted devices so the electric current can flow freely between the pads.