

CPR Basics

Would you know what to do if your were walking down the street and someone collapsed and stopped breathing. We are going to talk about the basics of life support “CPR”, this is sometimes called basic life support.

First aid is a large subject as there are many different injuries and illnesses you could come across on a day to day basis. If you want to learn about first aid in more detail you should consider a [first aid at work course](#) , this is a 4 day course and covers a range of injuries and illness from CPR to head injuries, from bandaging to broken bones. First aid at work is not the only course available there are a number of different courses in first aid, these include [Sports specific](#) (4 or 1 day) , [appointed persons](#) (1 day) , [de-fib](#) (1 day) and oxygen therapy (1 day)

So you are walking down the street and you see someone collapse in front of you, what do you do now? Are you going to be the one to do something, or are you going to stand back and hope that someone else takes action? It is often the case that people who know what to do will sit back and let other take control, if you want to know how to deal with an emergency at work or at home then get yourself onto a first aid course. The following procedures are what a trained first aider would do, before you go trying this in reality you should always attend a first aid course to get some practical experience on a resus doll so that the tutor can check that you are carrying our these procedures correctly, if you don't them you could do the casualty some damage.

The actions taken in this situation are often remembered as: Dr ABCD

D = Danger

R = Response

A = Airway

B = Breathing

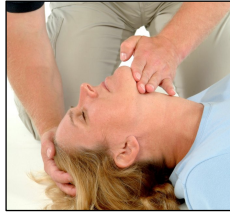
C = Chest Compressions

D = Defibrillation

Danger. If some has collapsed your first action should always be to ensure that you are safe. Following this you will need to make sure that the scene is safe (check for Danger), this would include checking for any traffic, fire, electricity, water etc etc.

Response. Now check the casualty for any responses, call to the casualty, ask if they can here you and pinch the casualties ear. When you speak to the casualty call into each ear. If you get no response then move onto the airway.

Airway. Now open the airway, to do this lift the chin back. Often when someone falls unconscious the tongue can block the airway and by tilting the head back as shown you will open the airway. This could encourage the casualty to breath straight away and if they do then you need to just put the casualty in the recovery position and monitor them.



Breathing. Now listen to the casualties mouth to see if there is any breathing. If you cannot feel or hear normal breathing then you will be needing an ambulance. At this point ask someone to go and get an ambulance and tell them as much detail as you can about the casualty, and make sure they come back and tell you when it is done.

Chest Compressions. Now you have established that there is no breathing or abnormal breathing you need to commence CPR. To do this grip your hands together and press down in the centre on the chest 30 times (approx 1/3 of the chest depth) as shown. The chest compressions should be quite fast (little more than 1 a second)



Once you have done 30 compressions you should give the casualty 2 rescue breaths. To do this you should hold the nose closed and breath into the casualties mouth as shown. This takes a little getting use to and practicing in a classroom environment is always a good idea.



Keep doing this until either:

- The casualty starts to breath
- The ambulance tell you to stop
- Or you are exhausted and cant carry on.

The table below shows you the order things should be carried out in and acts as a good reminder. Remember that this is just a basic introduction to first aid, to tell you everything you need to know would be impossible in sich a short column. If you want to learn about first aid properly then you should attend a [registered course](#) . When booking onto a course make sure that the company you are booking with is registered with the Health and Safety Executive (HSE). Also remember that there are different procedures for children and babies.

Adult CPR

