

DID YOU KNOW?

- CPR is most successful when started as quickly as possible.
- If CPR is administered immediately, it can double or triple a person's chances of survival.
- CPR is crucial in the first 3 - 5 minutes an incident occurs, because without oxygen permanent brain damage or death can occur in less than 8 minutes.
- CPR might be necessary in certain situations such as accidents, near drowning, suffocation, smoke inhalation, poisoning, electrocution, etc.
- If you have CPR training, you can use chest compression, clear the airway and perform rescue breathing (CAB).

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CPR

WHAT YOU SHOULD KNOW

Cardiopulmonary Resuscitation (CPR) is a series of chest compressions and mouth to mouth resuscitation, which is given to someone who is in cardiac arrest. When performed correctly, CPR can restore blood flow to the heart, brain and other vital organs, saving the individual's life.

WHAT CAN YOU DO

If you have not received any training on CPR you can perform "Hands Only" CPR. "Hands Only" CPR uses only chest compressions to keep blood flowing until appropriate medical help arrives.

Note: "Hands Only" CPR isn't recommended for children below the age of 8.

HOW TO PERFORM "HANDS ONLY" CPR

- 1) Kneel beside the person who needs help
- 2) Place the heel of one hand on the center of the chest.
- 3) Place the heel of the other hand on top of the first hand and lock your fingers together.
- 4) Position your body such that your shoulders are directly over your hands, and keep your arms straight.
- 5) Push hard and fast use your body weight to administer the compressions. Make sure each compression is at least 2 inches and not more than 2.4 inches deep, and the chest rises completely after each compression.
- 6) Be sure to do at least 100/120 compressions per minute; using the beat of "Staying Alive" by the Bee Gees, "Hips don't Lie" by Shakira or "Crazy in Love" by Beyonce as a guide.
- 7) Continue until you notice obvious signs of life or trained medical attention arrives. If the person begins to breathe, roll him/her onto the side so any fluids can drain from their mouth.

