

CPR and Heimlich Maneuver Guide

This guide provides essential information on how to perform Cardiopulmonary Resuscitation (CPR) and the Heimlich maneuver. These life-saving techniques are useful in emergencies when someone is unresponsive or choking.

1. Cardiopulmonary Resuscitation (CPR)

CPR is performed when a person is unresponsive and not breathing. It helps maintain blood flow and oxygen supply to vital organs until emergency medical help arrives.

Steps to Perform CPR:

1. **Check Responsiveness**: Gently shake the person and ask if they are okay. If there is no response, call emergency services immediately.
2. **Open the Airway**: Tilt the person's head back slightly and lift their chin to open the airway.
3. **Check for Breathing**: Look, listen, and feel for normal breathing for no more than 10 seconds. If the person is not breathing, begin CPR.
4. **Chest Compressions**: Place the heel of one hand on the center of the chest, place your other hand on top, and press down hard and fast (at least 2 inches deep, at a rate of 100-120 compressions per minute).
5. **Rescue Breaths**: If trained, give 2 rescue breaths after every 30 compressions. Tilt the head back, lift the chin, pinch the nose, and breathe into the person's mouth.
6. **Continue CPR**: Keep performing cycles of 30 compressions and 2 breaths until the person starts breathing or emergency help arrives.

2. Heimlich Maneuver for Choking Adults

The Heimlich maneuver is used to help a person who is choking and unable to breathe or speak. It involves a series of abdominal thrusts to expel the obstructing object.

Steps to Perform the Heimlich Maneuver:

1. **Assess the Situation**: If the person cannot speak, cough, or breathe, stand behind them.
2. **Position Your Hands**: Wrap your arms around their waist. Make a fist with one hand and place it just above the person's navel.
3. **Perform Abdominal Thrusts**: Grasp your fist with your other hand and give quick, upward thrusts. Repeat until the object is expelled or the person becomes unresponsive.
4. **If Unresponsive**: Lower the person to the ground and begin CPR if necessary.

3. Heimlich Maneuver for Choking Infants

For infants under 1 year old, a different technique is used to help with choking:

Steps to Perform the Heimlich Maneuver on an Infant:

1. **Position the Infant**: Lay the infant face down on your forearm, supporting their head and neck. Ensure the head is lower than the body.
2. **Back Blows**: Give 5 firm back blows between the infant's shoulder blades using the heel of your hand.
3. **Chest Thrusts**: If the object is not expelled, turn the infant onto their back. Place two fingers in the center of the chest, just below the nipple line, and give 5 quick chest thrusts.
4. **Repeat**: Alternate between 5 back blows and 5 chest thrusts until the object is expelled or the infant becomes unresponsive.
5. **If Unresponsive**: Begin CPR and call emergency services.

Conclusion

Knowing how to perform CPR and the Heimlich maneuver can save lives in an emergency. Practice these techniques regularly and consider taking a certified first aid course to increase your confidence and skills.