

Resource 2

Look at the resource below, which shares some information about CPR.

CPR

Cardiopulmonary resuscitation

Cardio – relating to the heart

Pulmonary – relating to the lungs

Resuscitation – revive someone

CPR is a way to help someone who has stopped breathing or whose heart has stopped beating. It can keep them alive. CPR combines chest compressions and rescue breaths, which gives someone the best chance of survival.



CPR must continue until:

- Emergency help arrives
- The person begins to breathe
- The rescuer is too exhausted to continue
- A defibrillator is ready to be used

Chest compressions



Rescue breaths



St John Ambulance updated CPR guidance due to the COVID-19 outbreak, 'Do not perform rescue breaths on the casualty.'

Why do you think CPR is so important?
Do you think it is something everyone should learn to administer?

A defibrillator is a portable device that gives a casualty's heart an electric shock. Using a defibrillator before an ambulance arrives significantly increases someone's chance of survival.

