

**YOU**

**Can save a life!**

**LEARN CPR WITH US**



**CPR4all**

**A Hands-on Training Program for  
Everyone**

**Be Prepared.**

**Make a Difference!**

*Suppose someone – maybe your family member or a friend – suffers cardiac arrest in front of you and collapses.*

## What will you do?

If you know CPR, you can act immediately. Don't be afraid. Start working. Every second is critical.

### 1. Confirm Scene Safety

Approach the victim **ONLY** if it's safe to do so.



If not safe, move to a safer place.

### 2. Check for Responsiveness

Tap the person's shoulder and **SHOUT** loudly to check if he/she is responsive.



If **NO**, the person may be unconscious and in need of CPR.

### 3. Call for Help

Call someone else for help or **DIAL** local emergency number.



If there someone around, ask him/her to find an AED (Automated External Defibrillator).

## 4. Assess Breathing & Pulse

Look for chest rise and fall and listen for any breathing sounds.

If there is **NO** or **IRREGULAR breathing**, START CPR.

Check the pulse within 10 seconds.

### For Adult / Child

Check for Carotid Pulse at the Neck



### For Infant

Check for Brachial Pulse at the Arm



## 5. Administer Rescue Breaths

Only if the person has **DEFINITE PULSE** but **IS NOT BREATHING**.

### For Adult

1 breath every 6 seconds



### For Child / Infant

1 breath every 2-3 seconds



Check pulse every 2 minutes. If less than 60bpm, add chest compressions.

## 6. Administer CPR

If the person has **NO DETECTABLE PULSE** or if you are **NOT SURE** about the pulse.

### For Adult

30 compressions for 2 breaths



### For Child / Infant

1 rescuer: 30:2 ratio

>1 rescuer: 15:2 ratio



Adult

At least 2 inches deep.



Child

At least 1/3 the depth of the chest, about 2 inches.



Infant

1/3 chest depth, about 1.5 inches.



## 7. Use AED

Use AED immediately upon arrival.

Switch the AED on.

Connect the pads.



Follow the AED instructions.

Shockable rhythm -> give 1 shock and resume CPR.

Make sure no one is touching the victim.

Non-shockable rhythm -> continue CPR.

## # Always Remember C-A-B

Whenever you need to give CPR, remember this sequence.

### C – Chest compressions

Deliver chest compressions with hard and fast pressure.



### A – Airway

Open the airway by Head-tilt Chin-lift or Jaw-thrust maneuver.



### B – Breaths

Administer mouth-to-mouth breathing.



## # Hands-only CPR

Chest compressions without rescue breaths.

Useful if you are unsure or uncomfortable performing CPR.

Hand-only CPR is way better than doing nothing.



With hands-only CPR, it takes just

**2 STEPS**  
TO SAVE A LIFE:



**1.** Call for help



**2.** Push hard & fast

Sources: Surefirecpr / AHA

During cardiac arrest,  
immediate CPR can

**DOUBLE  
OR TRIPLE**

a person's chance  
of survival.



## OUR AIM

**Is to empower everyone with the  
lifesaving skills through hands-on  
training for CPR**

**You don't need to be a medico to  
save a life!**

**Be #cprtrained...Be a #lifesaver**

**Contact: (+91) 99693 60142** 

To book your slot.

Limited seats per batch.

**Registration is FREE but mandatory.**



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