

CPR WEEK: 9-13th NOVEMBER 2009

CPR can save a life!

Cardiopulmonary resuscitation (CPR) is an emergency procedure performed if someone has stopped breathing or whose heart has stopped. Your basic knowledge of CPR can mean the difference between life and death. The Heart and Stroke Foundation SA implores every South African to learn how to give CPR! It is better to offer CPR imperfectly than not at all, and learning how to do it is as easy as **1, 2, 3.**

1. ACT

Check the unconscious person's vital signs. Call for help, if no response – call 112 or 101777 or another Ambulance number. Provide all information to the emergency call handler – ask them to bring an Automated External Defibrillator (AED) along. Ask for CPR instructions, if necessary.



2. BLOW

Gently tilt head back, lift chin up and look, listen and feel for breathing for up to 10 seconds.

If not breathing normally, pinch nose closed, cover mouth with yours and blow until you see the chest rise.

Give 2 breaths; each breath should take about 1 second.



3. COMPRESSIONS

Give chest compressions by pushing down on the centre of the chest 30 times between the nipples. Push hard and push fast (almost 2 compressions per second).

After 30 compressions, give 2 breaths. Continuous cycles of 30:2 until professional rescuers take over or normal breathing returns. Avoid any interruptions.



The above CPR instructions are suitable for **adults** and **children.**

For **cardiac arrest**, every minute counts because once the heart stops, the brain will be permanently damaged if the blood supply is not restored within three or four minutes. Correctly performed, CPR may:

- Restart normal heart action after cardiac arrest.
- Maintain enough artificial circulation to preserve brain function until specialist treatment is available.

For all **medical emergencies**, contact:

- 10177/107 (from a landline)
- Netcare - 082 911
- ER24 - 084 124

Empower yourself during **CPR week**, by learning the 1-2-3 easy steps or getting professional CPR training. It's your *call!*

- ENDS -

FOR MORE INFORMATION CONTACT: Murishca Nayar-Martheze, Communications Officer, the Heart and Stroke Foundation SA - +27-21-4474222 - email: murishca@heartfoundation.co.za.

The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the incidence of heart disease and stroke in the population of South Africa by providing education and supporting vital research. For further information visit www.heartfoundation.co.za