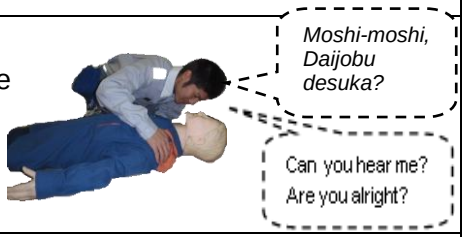
英語

How to perform Cardiopulmonary Resuscitation (CPR)（G2020 Adults）

NO．1

<table>
<tr><td colspan="4">If a person has collapsed…</td></tr>
<tr><td rowspan="5">Finding・Reporting</td><td>1</td><td>Check your surroundings</td><td>Make sure that both you and the person are in a safe location before continuing.</td></tr>
<tr><td>2</td><td>Response Procedures when Found</td><td>Tap the person's shoulder gently and call out loudly, and if there is no response or purposeful gesture, the person is considered "unconscious".

</td></tr>
<tr><td colspan="3">If the personis unconscious,or you are unsure, shout, “Dareka kite kudasai. Hito ga taorete imasu. [Help! This person is in danger]”. Shout for help and draw attention of passer-bys.</td></tr>
<tr><td>3</td><td>Call 119 and request AED. Follow the instructions of the communication director.</td><td>When there are two or more rescuers
「You call 119 for an ambulance」
「You bring an AED」
※How to perform AED is written at the back.
When there is one rescuer
If there is no one around, you have to call 119 for an ambulance yourself. Then go and get AED.

（Perform chest compressions while receiving verbal instruction from the communications command staff using the speaker function of the telephone, etc.）</td></tr>
<tr><td rowspan="5">Cardiopulmonary Resuscitation (CPR)</td><td>4</td><td>Confirmation of breathing and Determination of cardiac arrest</td><td>Check for "normal breathing" by observing chest and abdominal movements within 10 seconds.
If the patient's breathing is interrupted respiration which is called "Agonal Gasping", it is considered to be a cardiac arrest.
If you are not sure whether the patient is "breathing normally or not”, or if you are unsure, start chest compressions.

Agonal Gasping Video</td></tr>
<tr><td colspan="3">No Breathing or Agonal Gasping
</td></tr>
<tr><td>5</td><td>Perform Cardiopulmonary Resuscitation (CPR)</td><td>Perform chest compression (Heart massage) 30 times.
＊Compress the center of the chest hard (make the chest sink about 5cm) and fast (at the rate of 100~120/ minute). Minimize interruptions.
＊Release compression until the chest rises back to its original position.
＊Take turns with people around to give the procedure every 1-2 minutes .</td></tr>
<tr><td>6</td><td>Perform artificial respiration</td><td>Give two full breaths
＊Each breath should be one second in duration and should make the person’s chest rise.
（Perform using the Head tilt-Chin lift method.）
＊If you can’t/hesitate to perform artificial respiration, continue to give chest compression only.
</td></tr>
<tr><td>7</td><td>Continuation of CPR</td><td>If you are trained and ready to go, continue with the cycles of 30 chest compressions and 2 artificial respirations.
If you are only performing chest compressions without artificial respiration, you will be tired in a short time, so frequent backup is required.</td></tr>
</table>

※[Guidelines for Emergency Resuscitation Act 2020 partially quoted from citizen use]

How to use an Automated External Defibrillator (AED)　NO. 2

※When you use AED, use child pads or child key for pre-school child (under the age of 6). When you do not have child pads, use adults pad instead. (Do not use child pads on an adult.)

※Turn on the AED's power. You will hear voice prompts. Remain calm and follow an instruction.

1	Place an AED near the head of a sick or wounded person		Repeat chest compression (heart massage).	
2	Turn on the AED	Open the lid and press the power on button. （Some models turn themselves on when the lid is opened.）		
3	Attach the electrode pads	Remove all clothing from the chest and abdomen. Place the pads directly on the person's bare chest as shown in the picture.		
4	Plug in pad cables to the AED machine	Ensure that the adhesive AED pads are attached to a cable, which is plugged into the AED machine. （Then the AED should automatically start analyzing the person's heart rhythm.）		
5	Electrocardiograph analysis	「*Karada kara hanarete kudasai.* (Clear of the patient.)」 Tell everyone, including you, to stay clear of the person.		
6	Charge	Ensure that nobody is touching the person. The AED will indicate if an electric shock is required, and it will start charging automatically.		
7	Defibrillation	If the AED has a shock advised prompt, push the shock button. （When you shock, make sure no one is touching the person.） Shout:「Shock!」 （Some models of Auto-shock AED automatically turn on electricity without pressing the shock button.）		
8	Resume chest compression immediately.			
9	If the AED voice message is "Shock *wa fuyou desu* (No shock required)." immediately resume cardiopulmonary resuscitation from chest compressions. In two minutes time the AED will automatically start electrocardiograph analysis again. Stop Cardiopulmonary Resuscitation (CPR) then, and the process will continue itself in every two minutes after that. Follow the AED's audio guidance ＊Repeat the AED and CPR procedure until paramedics take over or the person starts breathing or responding.			

＊Please tell the paramedics ⇒how many electric shock you have given for the person and what time, and what time you have started the chest compression.