



CPR/Basic life support

presented by

Dr. Zelda Janse van Rensburg

(Registered Nurse, PhD)



Wellness
CLUB

C A M A F

MEDICAL SCHEME

IN A CLASS OF ITS OWN

Objectives

1. Calling for help and activating the emergency response
2. How to recognize when a baby, child or adult is not breathing
3. How to help a baby, child or adult that is not breathing

1. Calling for help and activating the emergency response

082 911 – Netcare 911

084 124 – Life Health

112/10177 – Public ambulance services

2. CPR sequence

H- Hazards

H-Hallo

H- Help

***Check for breathing (5 seconds)**

1. Compressions

2. Airway (open)

3. Breathing

C = Cardio
P = Pulmonary
R = Resuscitation

= CPR

Why is CPR important

- **21 %** O₂ in atmosphere (breathing in)
- **16%** O₂ in CO₂ (Breathing out)
- Only use **5-6%** of O₂
- Brain – only **3 minutes** (lose consciousness)
- After **10 minutes** (irreversible brain damage)
- Giving breaths and doing compressions can **save a person's life if detected early and responding immediately**

Baby CPR

Baby = birth to 1 year old



Chest/tummy moving up and down?

Blue/purple around **nose and mouth**?

Can feel breathing when placing hand on chest or in front of the nose?



Baby CPR



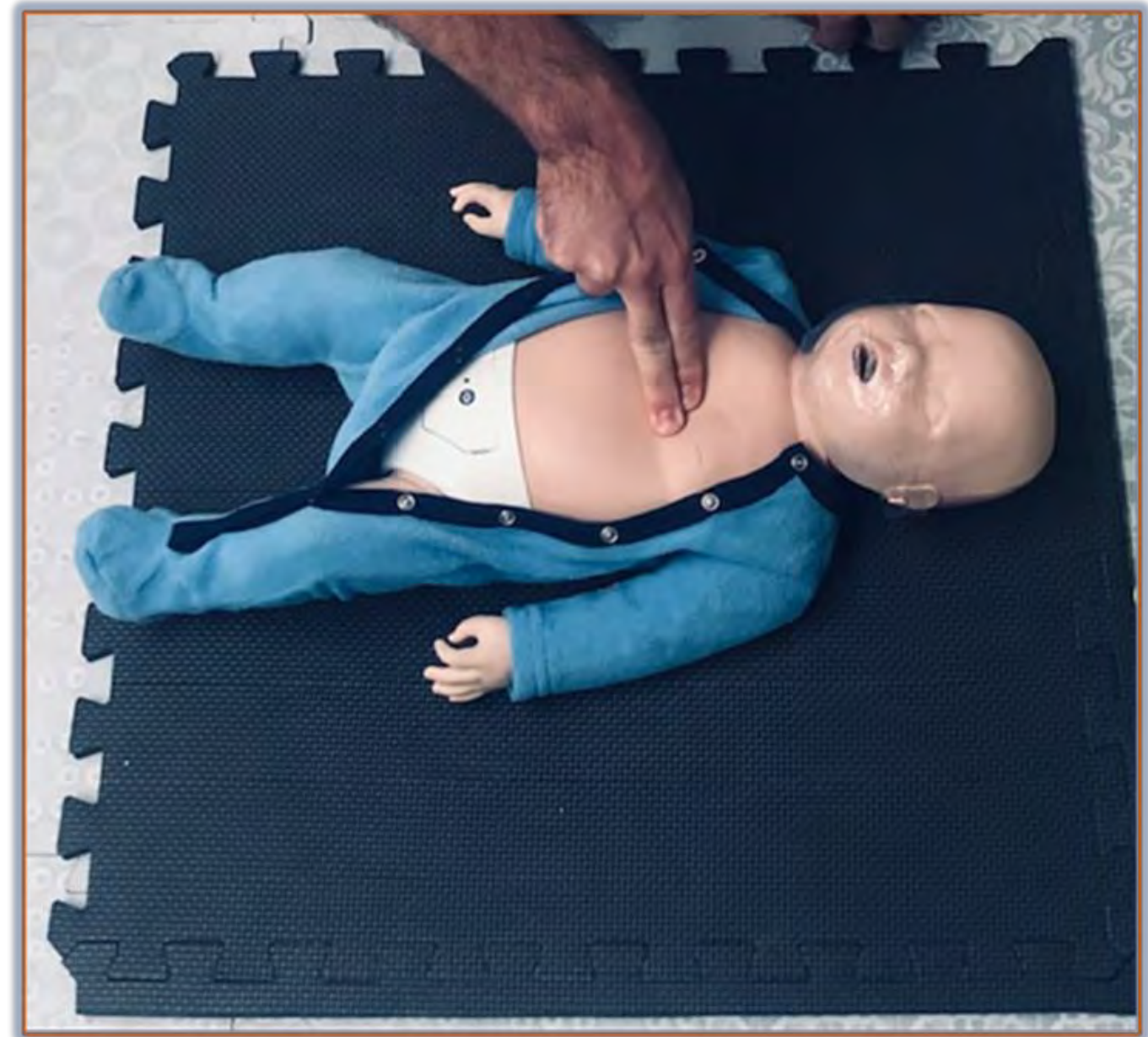
Hazards

Hallo: Baby: rub feet
(Hallo, hallo are you ok?)

Help- phone for help

Start Compressions

- Baby or child must be on a **firm/flat surface**
- **Two fingers** in the center of the chest, just below the nipple line
- Press **30 times**
- Rate: **100/120** times per minute



Give breaths

- Cover the nose and mouth of the baby with your mouth
- Give 2 breaths only
- Only enough for the chest to rise
- Continue pressing on the chest immediately



Repeat until help arrives!

CPR IN CHILDREN (More than 1 year old up to puberty)

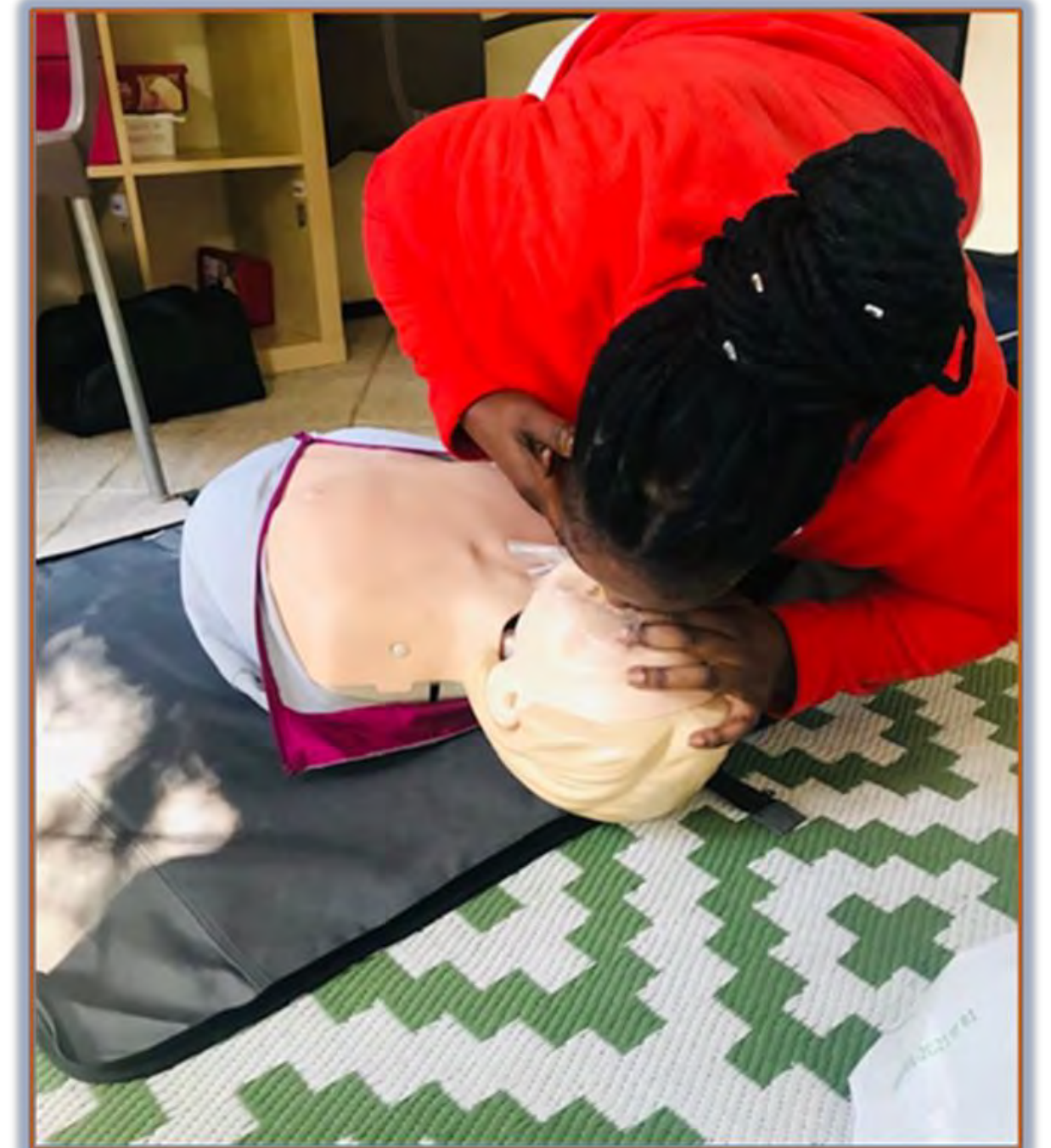
- **30 Compressions**
- **4-5** cm deep
- Rate: **100-120** compressions per minute
- Press with **one hand** (two if big child)
- **Press hard and press fast**

Hazards
Hallo
Help



Give breaths

- Use a **barrier device**
- Give **2 breaths**
- Cover the mouth and **pinch the nose** closed
- Only enough breath to make the **chest rise**



Adults CPR

- **30 Compressions**
- **6** cm deep
- Rate: **100-120** compressions per minute
- Press with **two hands**
- Shoulders in line with hands
- Use body weight to press down
- **Press hard and press fast**

Hazards
Halo
Help



Give breaths

- Use a **barrier device**
- Give **2 breaths**
- Cover the mouth and **pinch the nose** closed or
- use a **pocket mask**
- Only enough breath to make the **chest rise**



Repeat until help arrives!

Hands only CPR



Hazards
Halo
Help

30 Compressions x 5

➤ Check breathing

30 compressions x 5

➤ Check breathing

Repeat until help arrives!



Thank You

Email: wellnessclub@camaf.co.za
WhatsApp: 081 721 0870

