

How to perform CPR and use an AED

- ◆ Strong, fast, incessant compression of the chest (breast plate)!
- ◆ Continue CPR until the paramedics take over, or until normal breathing resumes and normal movement returns.

1. Check for response

Tap on shoulder and call in a loud voice.
For infants and toddlers, tap the soles of the feet and call for a response.

No response

2. Call 119

Call 119 and send for an AED.

3. Check breathing

Within 10 seconds, observe chest and abdomen for movements.

Not breathing normally

*If child seems to be breathing normally, continue monitoring while waiting for the ambulance to arrive.

4. Always perform chest compression! If possible, perform artificial respiration

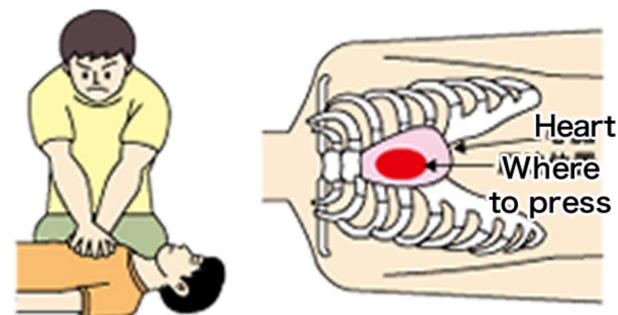
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Immediately start chest compression.
As soon as preparations for artificial respiration are complete, perform artificial respiration if possible.

5. Follow the AED's instructions

Press Power button.
Attach pads to child and follow the AED's instructions for automatic analysis.

[Tips for chest compression]



- ◎ Strong (press chest down 1/3 deep)
- ◎ Fast (100-120 times/min)
- ◎ Incessantly (keep interruptions to a minimum)
- ◎ Where to press: Middle of chest

[Tips for artificial respiration]



- When blowing air in
- ◎ Take about 1 second.
 - ◎ The chest should rise a little.

[Tips for attaching AED pads]



- ◎ If possible, continue chest compression even while attaching AED pads.
- ◎ Attach pads to dry skin. If the child is sweating etc. and the skin is wet, use a towel to wipe away moisture where pads are to be attached.
- ◎ For children up to about age 6, use pediatric pads. If pediatric pads are not available, use adult pads.

[Tips for cardiac analysis]



- ◎ During cardiac analysis, call out to others around you to make sure no one touches the child.

Hanarete-kudasai
("Please move away").

[Tips for administering electric shock]



- Once you are sure that no one is touching the child, press the blinking Shock button.