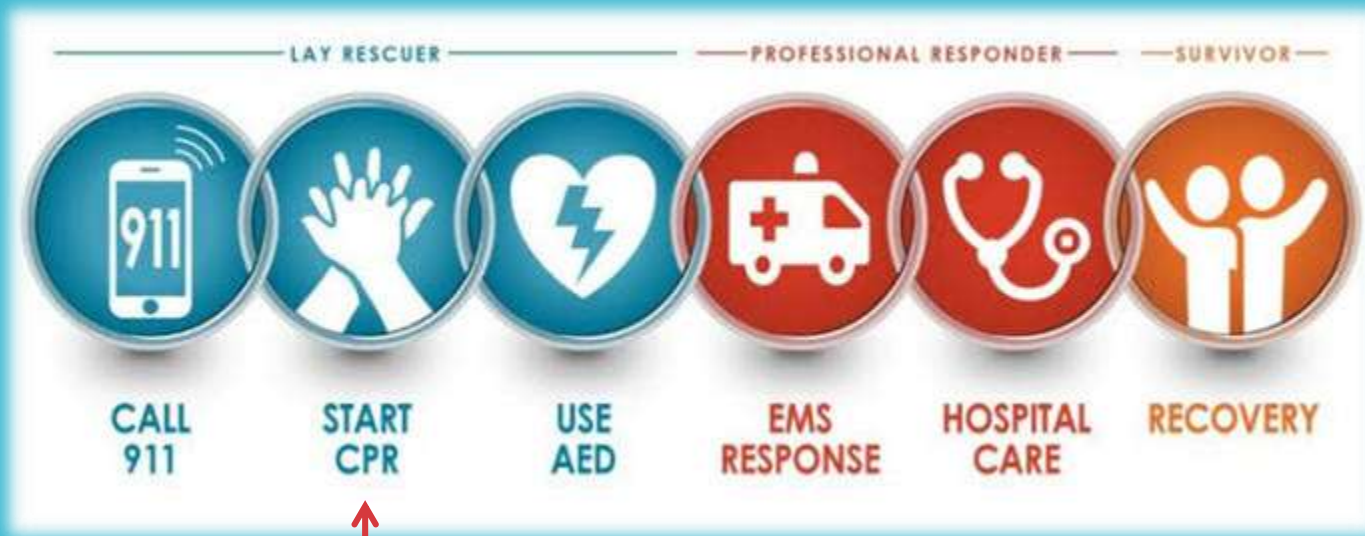






نحوه صحیح ماساژ قلبی

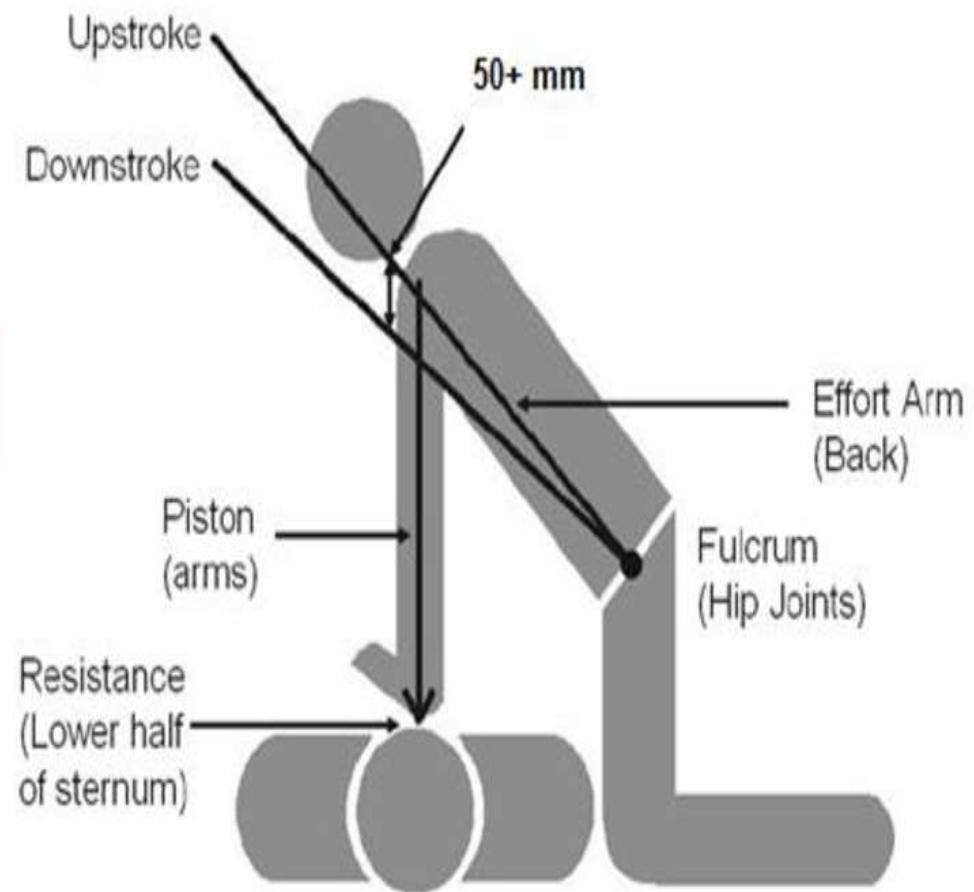
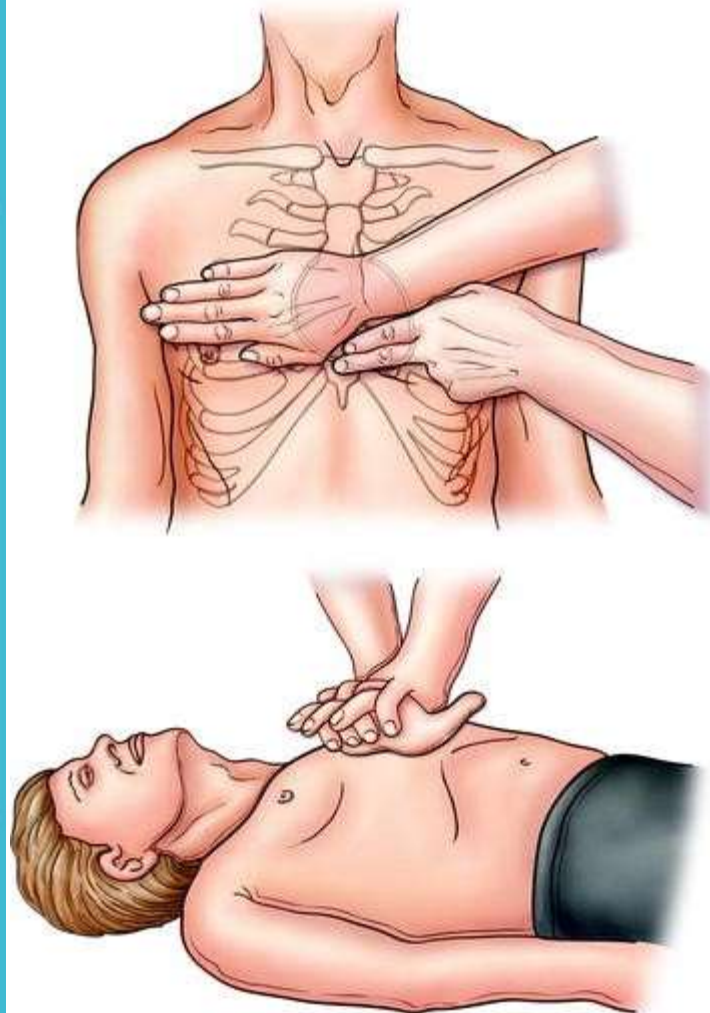


1. Ask, "are you ok?"
Gently shake shoulder.

2. Tilt head. Lift chin.
Look. Listen. Feel.



CPR - Check Responsiveness on an Adult

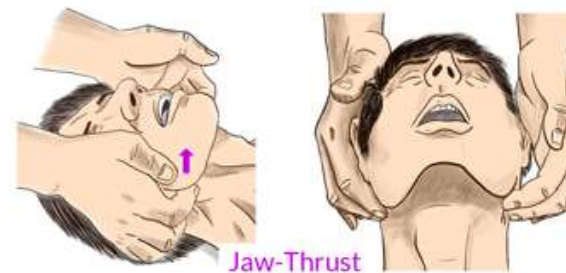
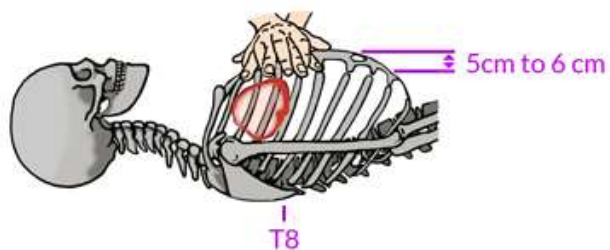
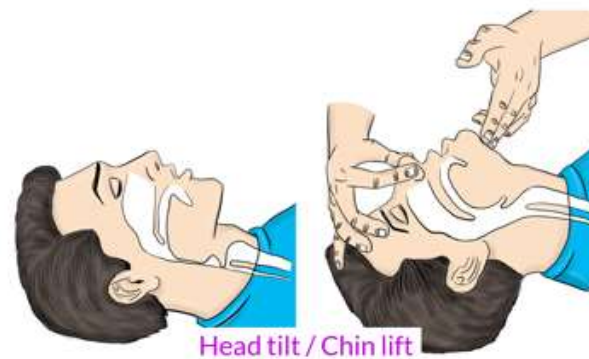
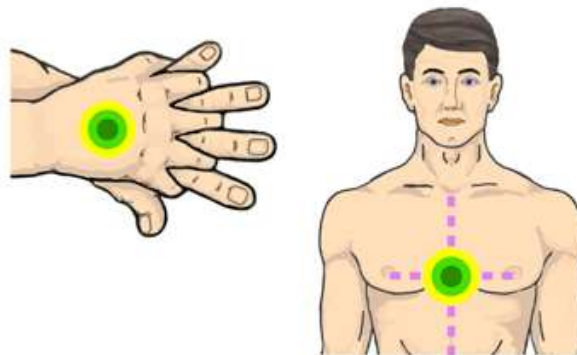




Adult Chest Compressions



Adult Rescue Breaths



Basic Life Support (BLS)

- 1 Check responsiveness and call for help.
- 2 Open the airway and assess breathing (and carotid pulse if trained).
- 3 With help: Ask for 911 call and AED
Alone: Call 911, and get AED if nearby
- 4 30 chest compressions
- 5 2 rescue breaths
- 6 Rhythm analysis when AED arrives, then every 2 minutes.
- 7 Deliver shock if indicated.
- 8 Immediately restart CPR and continue until professional help arrives or patient shows clear signs of life.





CPR



Common Chest Compression Mistakes

1 ❌ Wrong hand placement



Hands should be in the center of the chest.

2 ❌ Bent elbows



Keep arms straight and shoulders over hands.

3 ❌ Too shallow



Push at least 2 inches deep in adults.

4 ❌ Wrong speed



5 ❌ Leaning on the chest



Release pressure fully between compressions.

6 ❌ Too many pauses



Minimize interruptions.



Do it right:

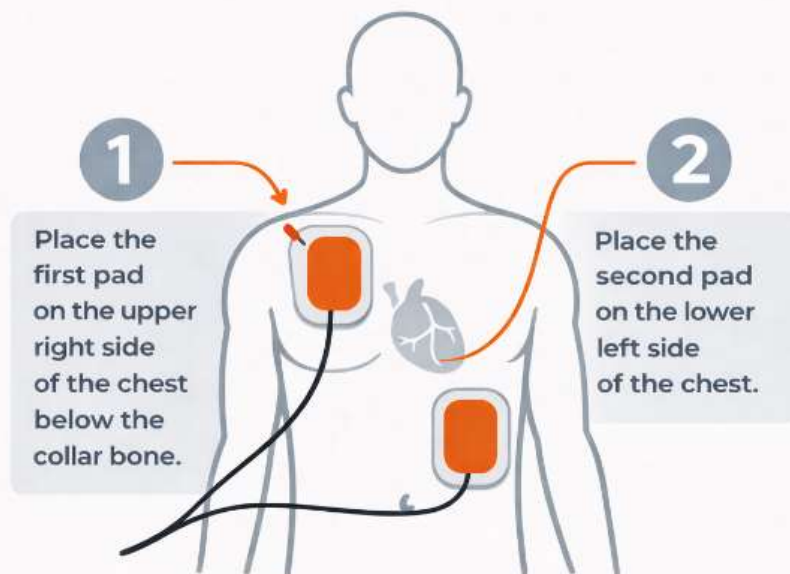
Center of chest • Straight arms • At least 2 inches deep • 100-120 per minute • Full recoil • Minimal pauses



AED PAD PLACEMENT FOR ADULTS

ADULTS

*(includes children 8+ years
or ≥ 25 kg (55 lb))*



Automated external defibrillator (AED)
(checks heart rhythm and can send electric shock to restore normal rhythm)

AED has written instructions and gives voice instructions



AED Instructions



Call for Help



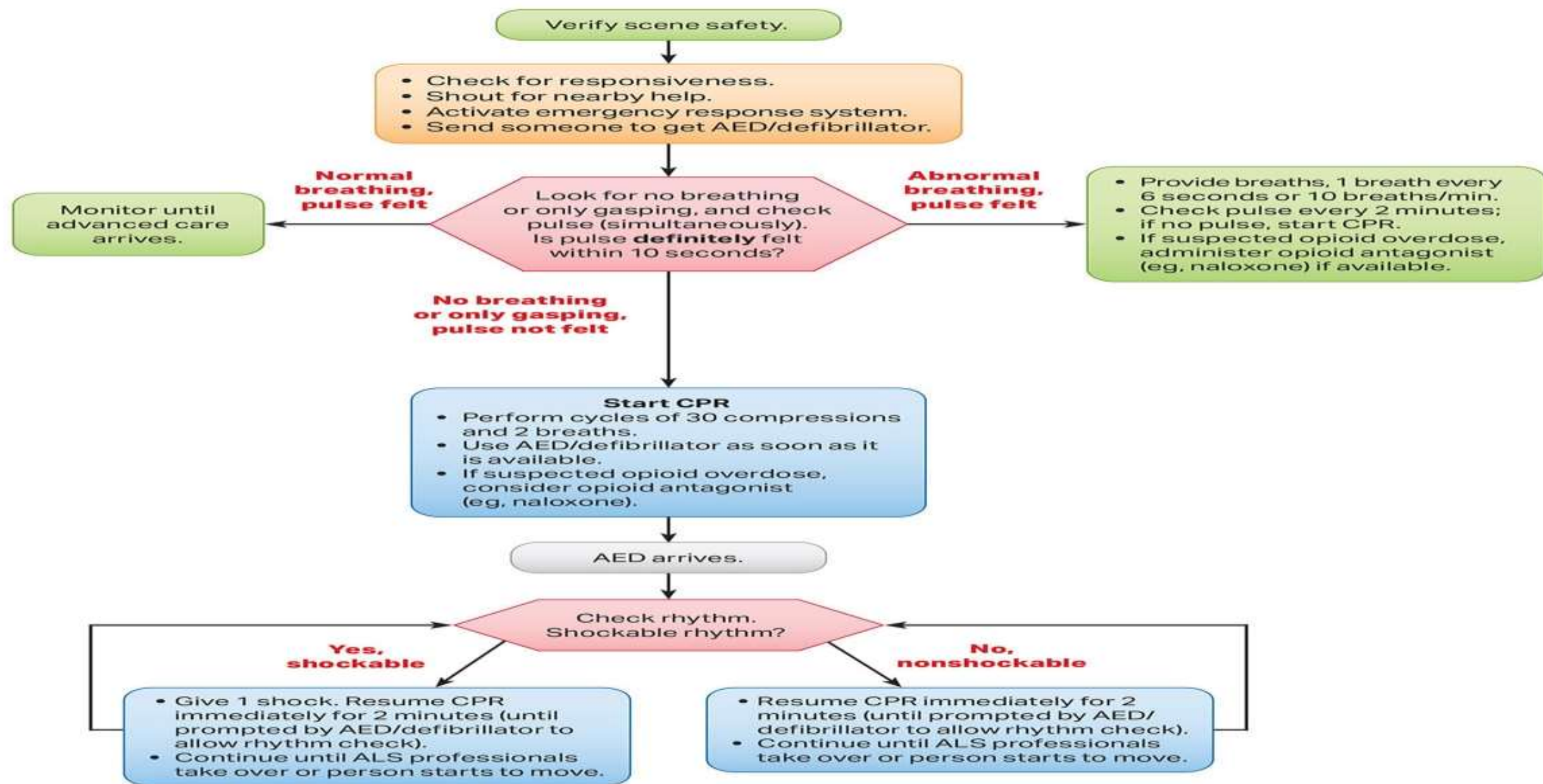
Start CPR



Restart Heart

- 1** Turn on AED and follow voice prompts
- 2** Remove shirt/blouse from victim
- 3** Remove electrodes from AED pouch and place on victim's chest
- 4** Make sure no one is touching victim while AED analyzes heart rhythm
- 5** If AED advises shock, press shock button
- 6** If no shock advised, continue CPR until prompted for next AED rhythm test

Adult* Basic Life Support Algorithm for Health Care Professionals



*If signs of puberty, treat as adult.



CPR

با تشکر از توجه شما