



PETA KONSEP CONCEPT MAP

BANTUAN KECEMASAN EMERGENCY HELP

Resusitasi Kardiopulmonari (Cardiopulmonary Resuscitation, CPR)

Definisi Definition

Gabungan teknik tekanan dada dan hembusan ke dalam mulut

Combination of chest compressions and breathing into the mouth

Kaedah Method

- Periksa respons mangsa
Check the victim's responses
- Buka saluran pernafasan
Open the airway
- Tekanan dada
Chest compression
- Hembusan mulut ke mulut
Mouth-to-mouth resuscitation

Kepentingan Importance

Heimlich Manoeuvre Heimlich Manoeuvre

Definisi Definition

Bantuan kecemasan untuk menyelamatkan individu tercekik
Emergency help to save a choking victim

Kepentingan Importance

Kaedah Method

- Berdiri di belakang mangsa
Stand behind the victim
- Letak tangan kiri di atas genggaman tangan kanan di bahagian atas pusat dan bawah rusuk mangsa
Place the left hand on top of the right fist between the navel and the ribs of the victim
- Tekan dan sentak ke atas sehingga bendasing keluar
Press and jerk upwards until the foreign object ejected