



KAEDAH CPR

CPR PROCEDURE

2 Buka saluran pernafasan Open the airway



- Dongakkan kepala mangsa ke belakang dan angkat dagunya untuk membuka saluran pernafasan. Dengar bunyi nafas dari mulut atau hidung mangsa (jika ada).
Tilt the head back and lift the chin to open his airway. Listen for a breath from the mouth or nose of the victim (if any).

1 Periksa respons mangsa Check the victim's response



- Tepuk bahu mangsa dan tanya "Adakah anda OK?". Jika tiada respons, hubungi talian kecemasan 999 dengan segera atau minta pertolongan orang di sekeliling untuk menghubunginya.
Tap the victim on the shoulder and ask 'Are you OK?'. If there is no response, call 999 immediately or ask someone nearby to do so.

3 Tekanan dada Chest compressions



- Tekan dada mangsa ke bawah lebih kurang pada kedalaman 5 – 6 cm, lepaskan tekanan dan biarkan dada mangsa naik kembali ke atas. Lakukan tekanan dada pada kadar 100 – 120 tekanan per minit.
Press down 5 – 6 cm on the chest. Release the pressure and let the chest come back up. Repeat chest compressions at 100 – 120 compressions per minute.

4 Bantuan pernafasan Mouth-to-mouth resuscitation



- Jika masih tiada pernafasan, lakukan bantuan pernafasan mulut ke mulut. Picit hidung mangsa dan hembuskan udara ke dalam mulut mangsa selama 1 saat setiap hembusan.
If there is no sign of breathing, begin mouth-to-mouth resuscitation. Pinch the victim's nose and blow the air for 1 second into the mouth of the victim.

5 Ulangi tekanan dada dan bantuan pernafasan Repeat chest compressions and mouth-to-mouth resuscitation



- Lakukan 30 kali tekanan dada diikuti dengan 2 kali hembusan sehingga mangsa sedar atau ambulans tiba. Sekiranya mangsa kembali sedar atau sudah bernafas, ubah posisi badan mangsa kepada mengiring.
Perform 30 compressions and 2 mouth-to-mouth resuscitation until the victim regains consciousness or until the ambulance arrives. Once the victim has been resuscitated and begins breathing on their own, position the victim's body on his side.