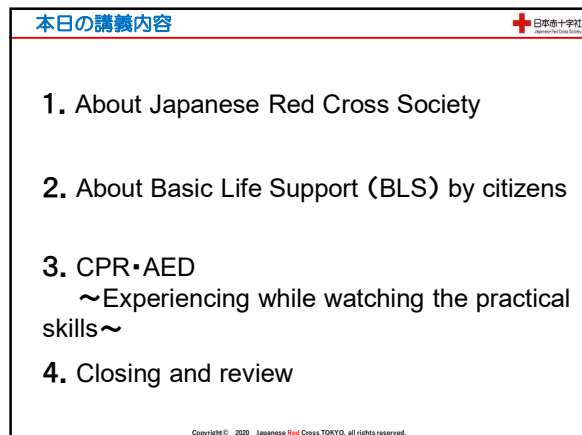




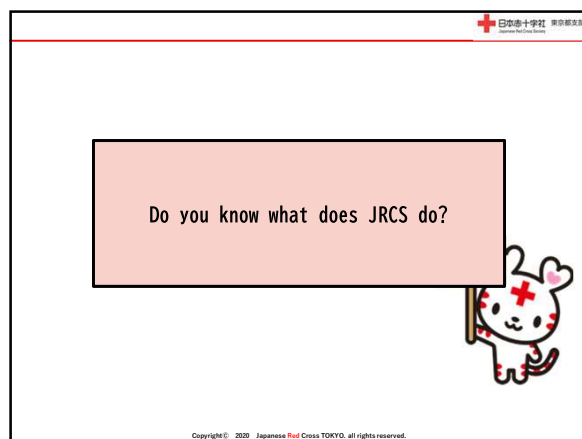
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2. About Basic Life Support (BLS) by citizens

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Picture this.

You are **waiting for a train on a platform**.
When a train arrived, **an old male standing nearby suddenly fell down**.
You spoke to him,

- **There is no reaction.**
- **You are not sure if he breathes or not, though his mouth seems to move.**



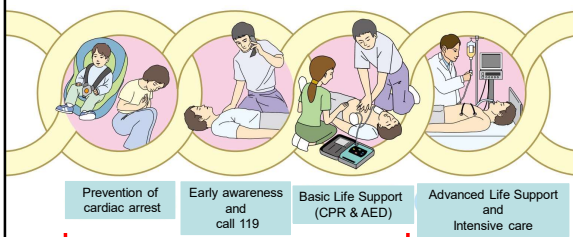
What will you do??
Please type your answer in the chat box.

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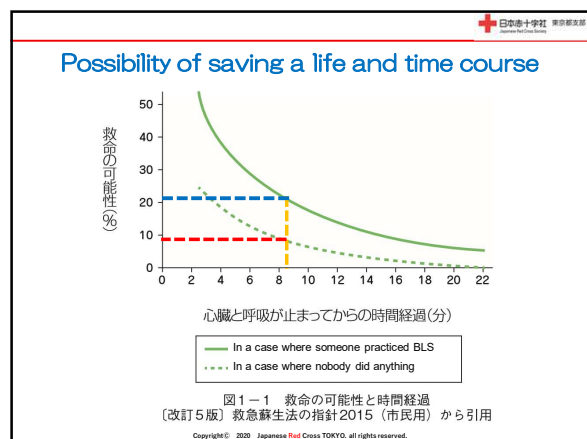
A Chain of Saving a Life



This steps are expected to be done by citizens who happened to be there.

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3. CPR・AED

【Let's learn together while doing the practical skills!】

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Please set up for the practical skills

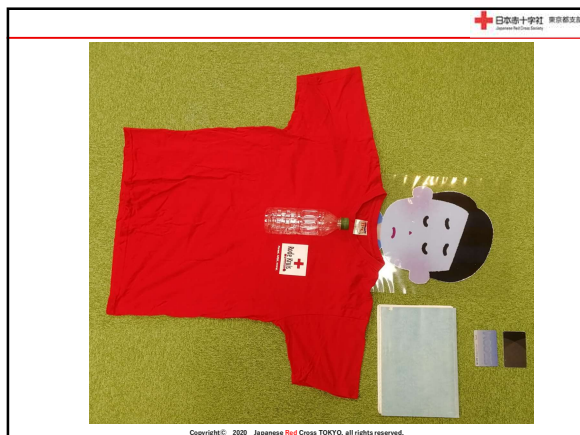
- One empty plastic bottle
- Two cards
- Two pieces of news paper
- An A4 note

} Optional



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Considering Covid-19 pandemic

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.

Step 1	Step 2	Step 3	Step 4
Phone 9-1-1 and get an AED.	Cover your own mouth and nose with a face mask or cloth.	Cover the person's mouth and nose with a face mask or cloth.	Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

82-1424-4235 © 2020 American Heart Association
Hands only CPR BY AHA

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Observing surroundings

【Tips】

- Whether there could happen a secondary accident (or disaster)
- Whether there is the cause (or the proof) of his/her sickness.

Observing the whole body

【Tips】

- Whether there is a need to do the first aid and call 119 immediately.
- Whether the whole body has injuries, and so on.

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Checking reactions

•Do not get your face too close to the sick person.
•Wear a mask.
•Put a mask or a towel on the person's face before pressing the chest.

【Practical skill】 discovering a sick person – asking for help

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Checking breathing (judging cardiac arrest)

【Points】

- ①Judge by checking chest and stomach.
- ②Judge in 10 sec.

What will you do when you are not confident of your judgement??

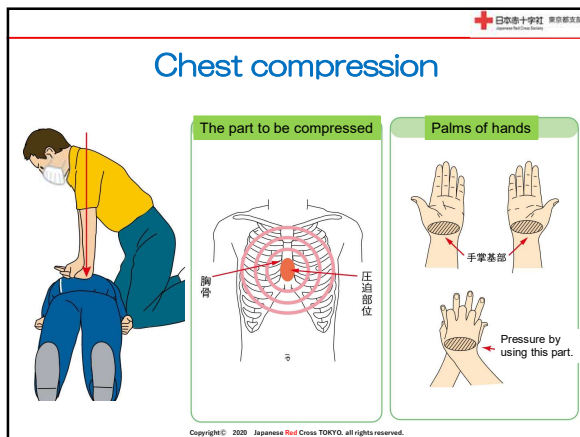
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What is agonal breathing?

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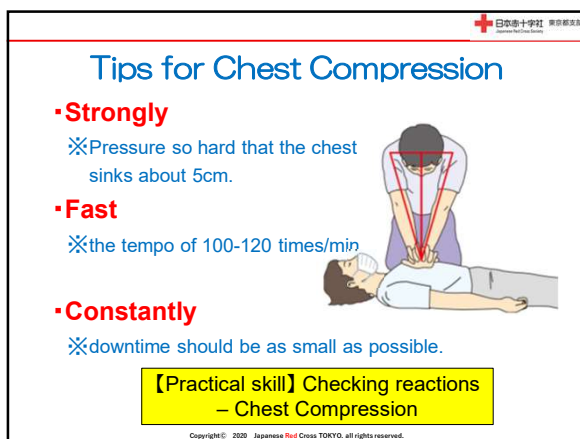
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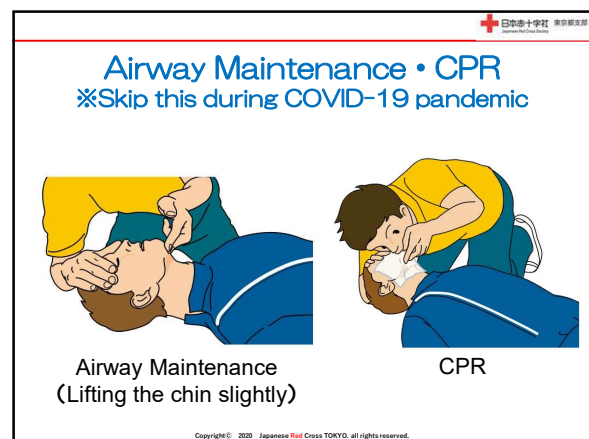
19



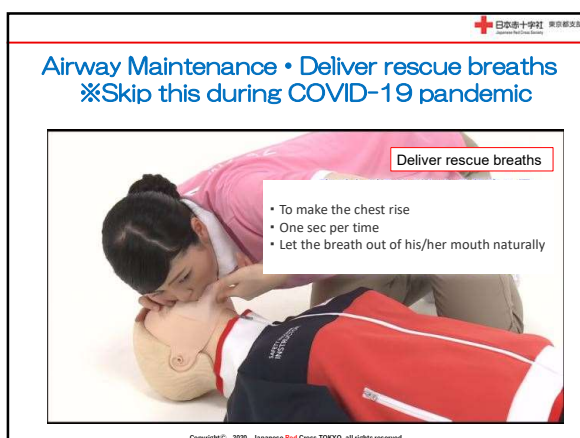
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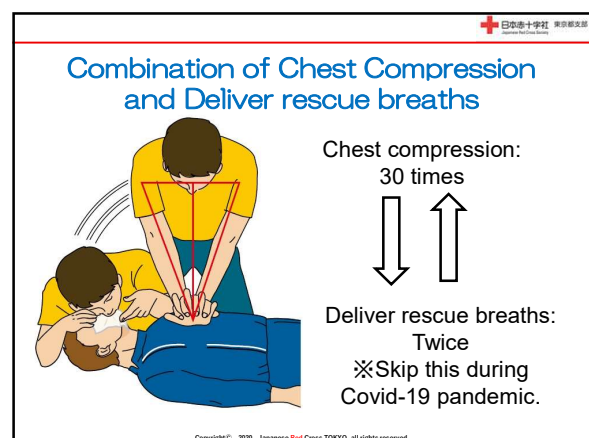
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About AED

Ventricular fibrillation



◎AED which **analyzes ventricular fibrillation automatically** and tells if electric shocks are needed **can be used among citizens** without difficulty.

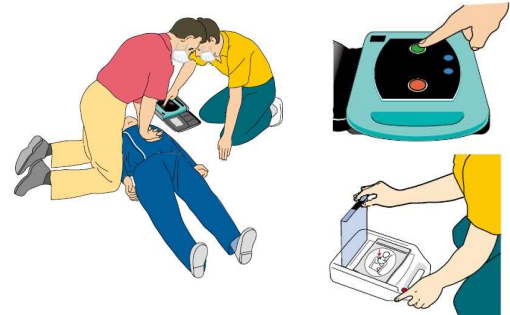
◎ It is important not only to **continue CPR** until AED arrived but also do immediately **after AED arrived** and **judged no need for electric shocks** or **after AED delivered electric shocks**.

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Turn On the Power of AED



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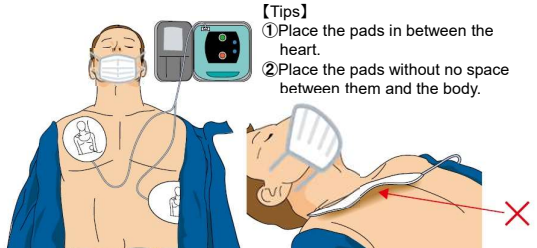
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Put On the AED Pads

【Tips】

- ① Place the pads in between the heart.
- ② Place the pads without no space between them and the body.




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Analysis of An Electrocardiogram and Electric Shocks



【Practical skill】
Preparing AED – Electric shocks


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When CPR can be stopped

- (1)When the sick person obviously **started to breathe normally** such as having started to move (having been reluctant to take CPR), moaning, and so on.
- (2)When you **are able to hand over the treatment for the sick person** to rescue workers (or medical workers).
- (3)When a danger is coming to the helper, and therefore **it became hard to continue the treatment**.



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4. Closing and Review

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Going back to this situation...

You are **waiting for a train on a platform**.
When a train arrived, **an old male standing nearby suddenly fell down**.
You spoke to him,

- **There is no reaction.**
Suspect cardiac arrest, and then call 119 immediately as well as find AED.
- **You are not sure if he breathes or not, though his mouth seems to move.**
When not sure of your judgement, determine as no regular breathing, and then start chest compression.
※Regardless of no movement of the chest and stomach, when his/her mouth is moving, suspect **agonal breathing**.



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Review

- to increase the survival rate, it is necessary **for citizens to voluntarily give the first aid**.
→If you see someone falling down, do not hesitate to speak to hem/her.
- Whether a sick person has **cardiac arrest** can be determined by his/her breathing.
→If not sure, determine as **no regular breathing**, and then start chest compression.
- Chest compression should be **strongly, fast, and constantly**.
→Note that the pressure may **weaken over time**.
- AED automatically tells if **electric shocks are needed**.
→Actively use AED **without fear**.
- It is important not only to use AED but also **implement CPR**.
→Please take **CPR and AED training regularly**.

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Introduction of online video, etc.

JRCS provides a video called "Basic Life Support (BLS) -CPR and AED-" on the website as well as carries out an online training lesson called "WEBCROSS". Please use these tools for review.

【JRCS website "Basic Life Support (BLS) -CPR and AED-" 】
<http://www.jrc.or.jp/activity/study/safety/>

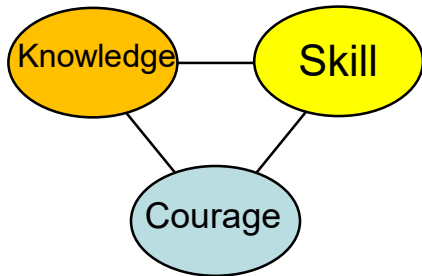
【電子講習室「WEBCROSS」】
<https://www.tokyo.jrc.or.jp/application/webcross/index.html>



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You can take a step forward with courage.

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