

CPR TRAINING - Tarrant Monkton & Launceston – January 2020

Two sessions were held in January in the village hall. The sessions were led by Dr Steph Martindale.

If you are first on the scene **Remember: DRS (Doctors) ABC:**

D - Danger – before anything else check that the patient or you are not in a dangerous position. If you come across someone who is unconscious, always check for danger. Approach them with care. Look out for hazards such as fire, traffic and electricity and never put yourself at risk. Move the patient and yourself to safety if necessary.

R - Response - check for a response by asking them if they are alright and shake their shoulders - they could just be asleep or briefly unconscious.

S - Shout - ask for help to summon an ambulance and a defibrillator (**The code for the VH defibrillator box is C159X. The South West Ambulance service also knows the code**). If someone is nearby, ask them to stay - you might need them. If you are alone shout loudly to attract attention, but do not leave the person. If there is no one around call 999 before you start CPR.

A - Airway - open their airway. Place one hand on the person's forehead, gently tilt their head back, then lift their chin using two fingers of your other hand under their chin – when you do this you open their airway.

B - Breathing - check for breathing. Keeping their head back, check if the person is breathing normally by looking for regular chest movements, listening for breathing, and feeling for breath on your cheek. Look, listen and feel for no more than 10 seconds. If you are sure the person is breathing normally put them in the recovery position and wait for the ambulance. If you are not sure that the person is breathing normally start CPR.

C - Compression - start compressions. **Push hard and fast on the centre of the chest.** Kneel next to the person. Place the heel of one hand in the centre of their chest. Place your other hand on top of the first. Interlock your fingers. You'll find it easier if you have the hand you write with on top.

With straight arms, use the heel of your hand to push the breastbone down firmly and smoothly, so that the chest is pressed down between 5–6 cm and release. Do this at a rate of 120 chest compressions per minute. This is tiring work so if possible hand over to another until the ambulance arrives. Mouth to mouth is not necessarily required but can be done if preferred. It also gives you a few seconds rest from compressions. **Give 30 chest compressions.** You may find it helpful to count out loud. **Give rescue breaths.** Open the airway again by tilting the head back and lifting the chin. Pinch the soft part of the person's nose closed. Take a normal breath, make a seal around their mouth and breathe out steadily. The person's chest should rise and fall. Keeping the person's head back and the chin lifted, take your mouth away, take another normal breath and give a second rescue breath. The two breaths should take no longer than five seconds.

Repeat 30 compressions and 2 rescue breaths.

If you'd rather not give rescue breaths then do [Hands on only CPR](#) along with using the defibrillator if at hand. The instructions for the defibrillator are on the inside of the box. Follow the instructions. The instructions are easy to follow and you are guided at each step. Keep going until professional help arrives or the person starts to show signs of regaining consciousness, such as coughing, opening their eyes, speaking, or breathing normally.

It is also recommended to check the British Heart Foundation website: www.bhf.org.uk

Dr Steph's mobile is 07766 816725. Steph has requested that she is only contacted only if an ambulance already called or someone is unsure of what to do.