

Importance of First Aid and CPR

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Quick, organized notes for study, teaching, or reference

1. Why First Aid and CPR Matter

Aspect	What It Means	Real-World Impact
Immediate care	Provides lifesaving assistance before professional help arrives.	Reduces mortality by up to 30% in cardiac arrest; limits severity of injuries (e.g., burns, bleeding).
Bridge to EMS	Stabilises the victim, buys time for emergency services.	Increases the “golden minute” window for effective treatment.
Prevention of complications	Controls bleeding, protects airway, prevents shock.	Lowers risk of infection, organ damage, and long-term disability.
Community resilience	A trained populace can respond to accidents, natural disasters, or mass-casualty events.	Improves overall public safety and confidence.
Legal & ethical responsibility	Many jurisdictions have “Good Samaritan” laws that protect helpers.	Encourages bystanders to act without fear of liability.

2. Core Principles of First Aid

Principle	Key Actions
Preserve life	Check responsiveness, airway, breathing, circulation (ABCs).
Prevent further injury	Move the victim only if necessary (e.g., danger of fire, traffic).
Promote recovery	Keep the person warm, calm, and comfortable; monitor vital signs.
Seek professional help	Call emergency services (e.g., 911) as soon as possible; give clear location and condition details.
Document	Note time of injury, interventions performed, and any changes in condition.

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3. CPR (Cardiopulmonary Resuscitation)

3.1 When to Perform CPR

- Victim is **unresponsive** and **not breathing normally** (or only gasping).
- Suspected **cardiac arrest** (sudden collapse, no pulse, no breathing).

3.2 CPR Steps (Adults) – “C-A-B”

Step	Action	Details
C – Compressions	30 chest compressions	• Place hands on the lower half of the sternum. • Press 2.4 in (6 cm) deep. • Rate 100-120/min (think “marching beat”).
A – Airway	Open airway	• Tilt head back, lift chin (head-tilt/chin-lift). • Pinch nose, cover mouth with yours, give a breath lasting ~1 sec (chest rise).
B – Breathing	2 rescue breaths	• If you’re unwilling/unable to give breaths, continue hands-only compressions. Continue until: • EMS arrives.
Repeat	30:2 cycle	• Victim shows signs of life. • You’re exhausted (swap with another rescuer if possible).

3.3 CPR for Children & Infants

Age	Hand placement	Compression depth	Rate
Children (1 yr – puberty)	One hand (or two-hand if large) on sternum	2.5 in (6 cm)	100-120/min
Infants (<1 yr)	Two fingers on the breastbone (just below the nipple line)	1.5 in (4 cm)	