

CPR + AED Refresher for Security Division

25 / 10 / 2023

CBM Security

DRSABCD 心肺复苏术步骤

DANGER: Any Danger? (Ensure no danger to yourself first) 检查周围有没有危险

RESPONSE: “Hello, hello, are you ok? 检查伤者有没有反应

SHOUT: “Help! You Call 995 ambulance! Bring First Aid Box and AED” 叫救护车 995

AIRWAY: Head Tilt, Chin Lift 检查气道：‘头部倾斜下巴提升’

BREATHING: Look for chest rise & fall (up to 10 seconds) 检查呼吸

COMPRESSION: IF NO NORMAL BREATHING, START CPR 心肺复苏术 Continue CPR until AED is available or medical help arrives 继续CPR直到AED可用或医疗帮助到来

DEFIBRILLATION: Apply AED as soon as possible (if available) and follow prompts尽快使用AED（如果有）并按照提示进行操作

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1. D – Danger 危险

Survey the scene for danger before approaching casualty.





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2. R – Response 反应

Establish unresponsiveness

- Tap the victim's shoulder gently
- Shout "Hello, Hello, Are you ok?"



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3. S – Shout for help大声呼救

If victim is unresponsive, **shout for help**!

- Call ambulance 995
- AED
- First Aid Box

Position victim on his back on a **flat firm** surface



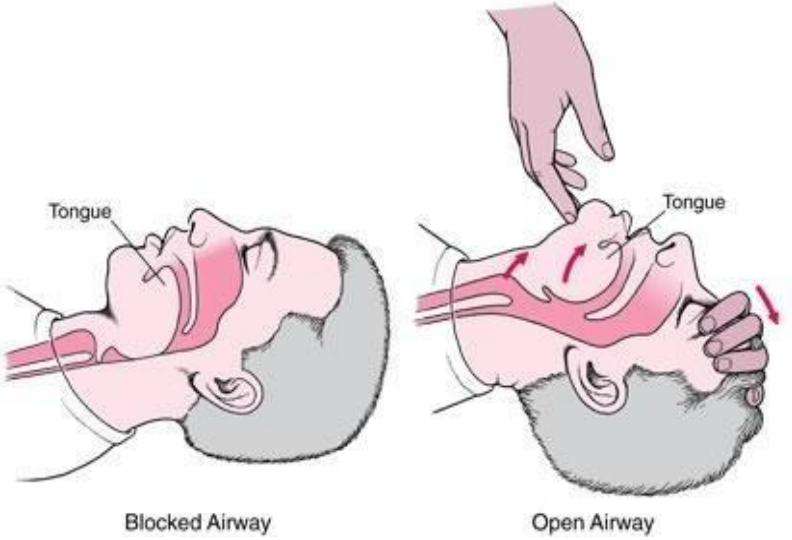
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4. A - Open Airway 气道

Open casualty's airway by performing Head Tilt, Chin Lift '头部倾斜下巴提升'

Relief airway obstruction caused by tongue.



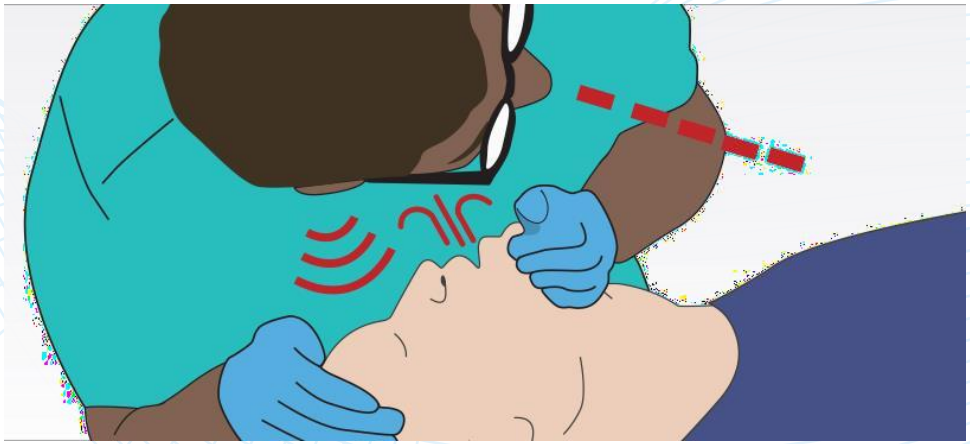


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5. B - Breathing 呼吸

Look – Chest rise and fall

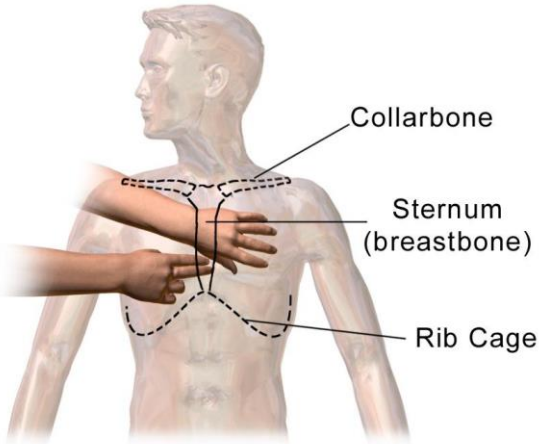
(up to 10 seconds)





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6. C - Chest Compression 胸部按压



Locate the Sternum

IF NO NORMAL BREATHING

Do not proceed with CPR if pulse is present



- Place heel of the palm on the lower half of the breastbone
- Rate = 100-120 per minute
- Depth = 4-6 cm

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Preparation of Casualty 准备伤者



Check for the following before application of AED:

在应用AED之前检查以下内容：

- Is there any water/metal/gas nearby;
- 附近是否有水/金属/气体;
- Is the chest hairy/wearing bra (underwire);
- 有没有胸毛/穿胸罩（钢圈）；
- Is there pace maker; 有没有起搏器；
- Is there medical patch;有没有医疗补丁
- Is the victim wearing any necklaces.
- 有没有戴着任何项链

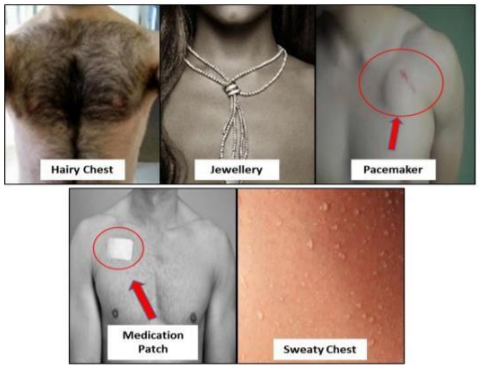


Figure C5 - Things to take note of during chest preparation

Application of AED electrode pads to the chest wall must be done quickly with minimal interruptions to chest compressions.



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DRSABCD & BASIC FIRST AID

FIRST AID

SINGAPORE

in an emergency call 995 for an ambulance

DRSABCD

Life Support Action Plan

Danger

Ensure the area is safe for yourself, others and the casualty

Respond

Check for response - ask name - squeeze shoulders.
No response > send for help.
Response > Make comfortable, monitor response & check for injuries



Send for help

Call 995



Airway

Open mouth - check for foreign material.

No foreign material
> Leave on back. Open airway by tilting head with chin lift.
Foreign material in mouth
> Place casualty in recovery position, mouth slightly downward clear airway with fingers



Breathing

Check for breathing - Look and feel for chest movement, listen for air escaping from mouth and nose (an occasional gasp is inadequate for normal breathing)

Not breathing normally & no response
> place on back & commence CPR
Normal breathing
> Place in recovery position, monitor breathing & responsiveness



CPR

Start CPR 30 compressions, 2 breaths.

> Place heel of hand on the lower half of breastbone in centre of chest with other hand on top of first.

> Press down 1/3 of depth of chest and give 30 compressions.

> Open casualty's airway (head tilt with chin lift)
> Pinch soft part of the nose to seal.
> Blow steadily into mouth for up to 1 second, watch for chest to rise and fall. Take another breath and repeat.



> Aim for approx 100 compressions/min. Continue CPR until ambulance arrives or casualty recovers.

Defibrillation

Apply automated external defibrillator (AED) as soon as possible (if available) and follow prompts.



Basic First Aid

For Common Injuries

Sprains/Strains

RICE

1. **Rest** – Do not move the injured part.
2. **Ice** – Apply an ice pack to injury to reduce swelling and pain. You may use a cold compress (e.g. frozen vegetables wrapped in towel).
3. **Compression** – Apply gentle, even pressure (compression) to the injured part by surrounding the area with thick soft padding and securing it with a support bandage. Check the circulation beyond the bandaging every 10 minutes.
4. **Elevation** – Elevate the injured part (only if it does not cause more pain) to reduce swelling.

Most sprains and strains will respond to rest and cooling of the injury.
Call 995 if:
Bone is broken, Casualty is unable to walk, Limb is angled, Pain is severe.

Cuts/Grazes

1. Protect yourself from contracting infectious blood-borne diseases by wearing gloves before helping casualty.
2. For minor cuts / grazes, wash wound to remove dirt.
3. Stop / slow down blood flow by apply direct pressure on the wound.
   a. Use a pressure or dressing pad, or anything available (e.g. towel).
   b. The pressure will help the blood to clot and stop bleeding.
4. Elevate affected part above the heart level. Elevation slows down bleeding as it decreases the blood flow to the affected area.
5. If bleeding is severe, **call 995**.
6. Wash hands after helping casualty.

Burns/Scalding

1. Cool the burn under cool running water for at least 10 minutes to reduce pain, swelling and risk of scarring. Do not use ice as it may further damage the skin.
2. Loosely cover the burn with kitchen film or clean plastic bag. Remove any jewelry, watch or tight clothing before the affected area starts to swell.
3. If burns are severe, **call 995** immediately.

Heat Stroke

1. Heat stroke is life threatening. If breathing is absent, call 995 immediately and perform CPR.
2. Move casualty to a cooler place. Remove or loosen clothing. Apply cool, wet cloths or towels to the body. Fan casualty. Observe breathing and changes in their condition.
3. Continue rapid cooling by applying ice or cold packs under the armpits, neck and groins to reduce the body temperature.

Mobile App & FA Training



Download the **"First Aid Singapore Red Cross"** App on Play store or App store to get more first aid tips

Sign up at **redcross.sg** for various first aid courses

You could save a life with first aid training

NOTE: The poster provides basic guidelines of first aid tips. Reading this cannot substitute learning first aid from professionals. Please visit redcross.sg or call 6664 0500 to find out more and to register for training with the Singapore Red Cross.

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