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CARDIOPULMONARY RESUSCITATION (CPR)

Cardiopulmonary resuscitation, or CPR for short, is the best form of artificial resuscitation.

In the old days we were taught to use the back pressure arm lift method when someone stopped breathing. We did not have a method to make the heart keep pumping blood. CPR has been around for years now, and yet we still find people who do not know how to use this life saving procedure.

Let us talk about when to use CPR.

If there is an accident on the job where a worker is injured, loses consciousness, and stops breathing, or perhaps simply has a heart attack, the first thing that you need to do is call for help. That means someone needs to dial 911 or another posted number to obtain outside emergency medical help.

Next you need to make sure the area around the victim is safe, so take a quick look. If the area is ok, then you can go ahead -- but if it is not safe -- do not attempt a rescue! We do not need any dead heroes.

When you first get to the victim you must see if the injured party responds.

Tap them on the shoulder lightly and ask them, "Are you ok?" If they respond, tell them that you are there to help them.

If there is no response, then you must check the ABC'S.

- Check their Airway
- Check for Breathing
- Check for Circulation

If you find that there is no pulse present, then need to start CPR.

When administering CPR, a rescuer maintains a steady flow of oxygen with chest compressions and circulates the blood for the victim.

CPR should only be given by someone who has completed the training.

Once you start this rescue method do not stop until relieved by a medical professional.

Many people around the world are alive today because someone took the time to learn how to give CPR.

Training is available through the American Red Cross and other qualified instructors.

Cal-OSHA requires that at least one person in your crew at your jobsite is trained in CPR/First Aid.