

HSE

CPR



(Informative)
6th session

QUEBEC AND CANADA LAW

Quebec Charter of Human Rights and Freedom

Part 1, Chapter 1, Section 2:

‘Every human being whose life is in peril has a right to assistance. Every person must come to the aid of anyone whose life is in peril, either personally or calling for aid, by giving him the necessary and immediate physical assistance, unless it involves danger to himself or a third person, or he has another valid reason.’ (1975, c.6, s.2).

The Good Samaritan Rule

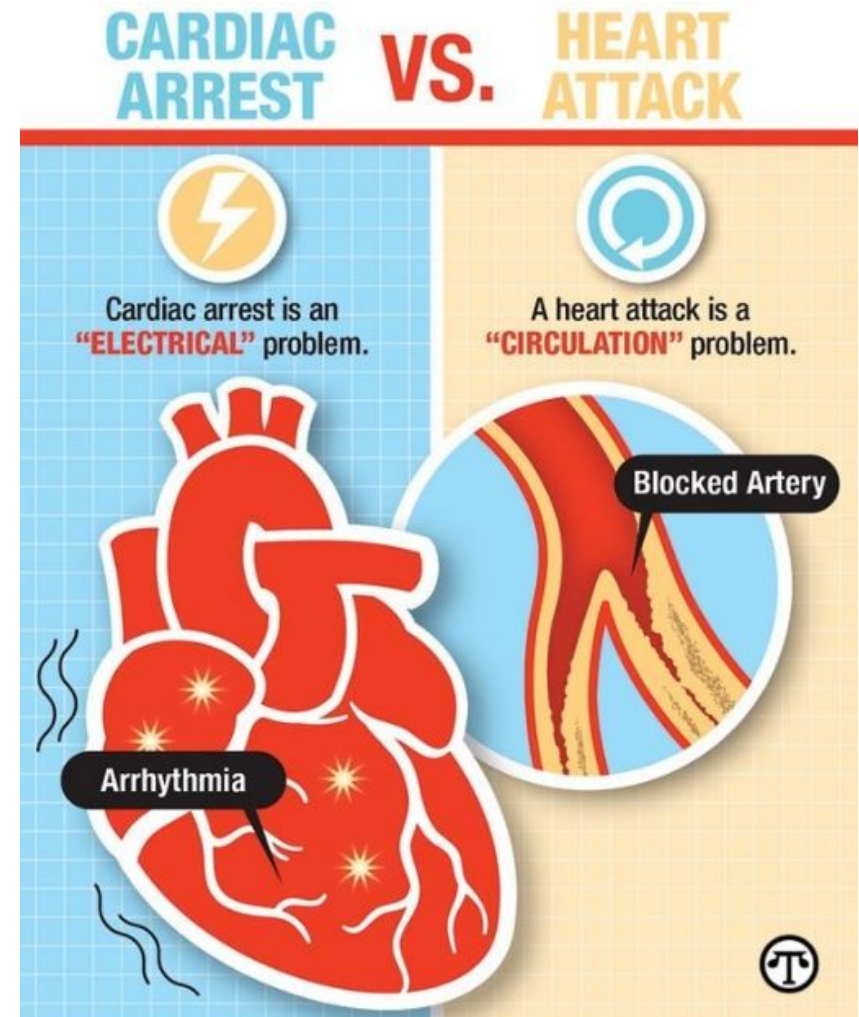
§ People occasionally hesitate to help others for fear of aggravating an injured person’s condition and exposing themselves to a damage suit. Under a special provision in the Civil Code of Quebec (Book Five, art.1471):

‘Anyone who in good faith helps a person in danger is protected from legal proceedings. An individual may not be found liable for injury caused while assisting a person in danger unless the injury is a result of intentional or gross fault.’

What is CPR and when can we use it?

- CPR stands for Cardiopulmonary resuscitation.
- It is used when someone is unconscious with abnormal or absent breathing which means that the person is probably having a cardiac arrest.

- Cardiac arrest happens when the heart stops beating unexpectedly. It is provoked by an electrical malfunction in the heart that causes it to beat irregularly.
- The person becomes unresponsive, stops breathing or is gasping.
- It is imminent and should be treated quickly by starting CPR, calling 9-1-1 and getting an AED (automated external defibrillator).
- FAST is the best acronym to help identify a cardiac arrest.



How do we start CPR for an adult?

1. Make sure environment is safe for you and the victim
2. Check for signs of cardiac arrest?
 - Sudden loss of responsiveness
 - Not breathing or breathing abnormally
 - No response to tapping on shoulders
 - Does nothing when you ask if they're OK

If signs are present START CPR

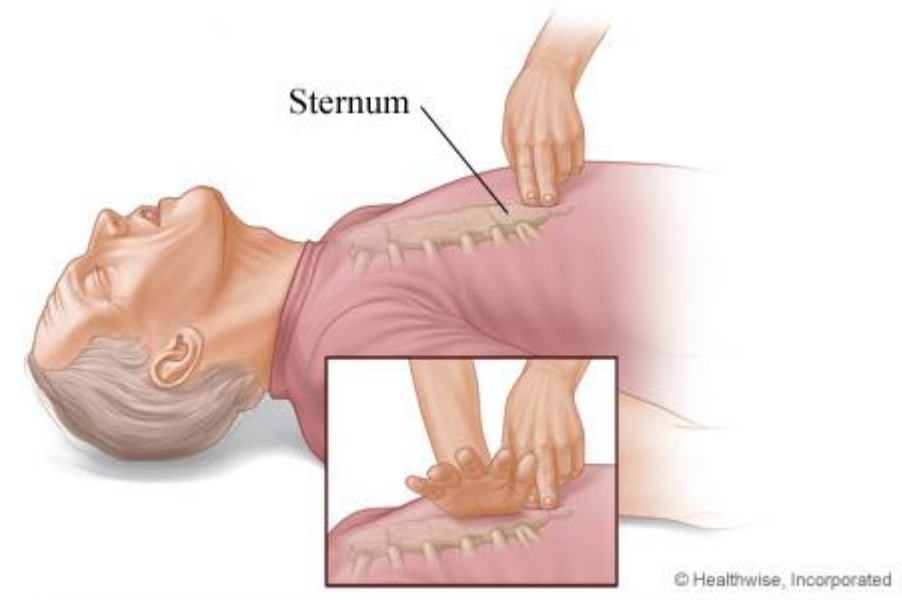
3. Call for help

- If you're surrounded by people, ask one person to call 911 and another person to get an AED.
- If you're alone, call 911 and go get an AED then come back to the victim to start CPR.

4. Expose the victim's chest and visualise the sternum.

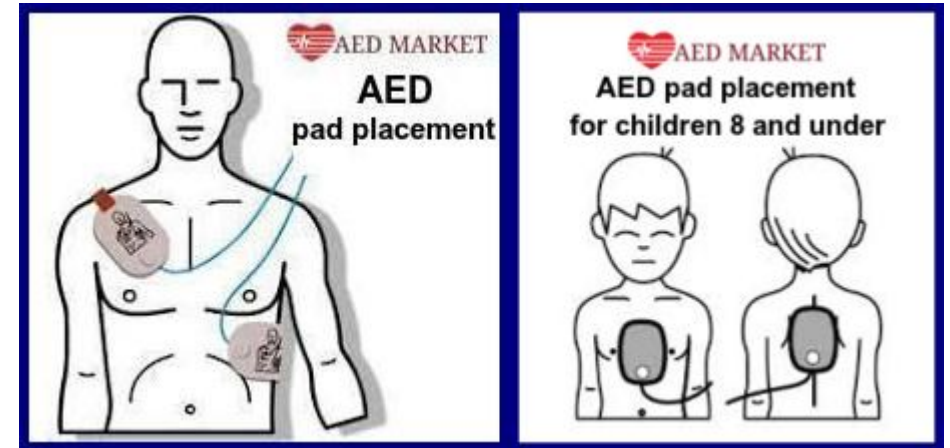
5. Place the heel of your hand on the lower half of the breast bone (sternum) then place the other hand on top and press down by 5cm at a steady rate of 30 chest compressions per 2 breaths.

6. Allow full recoil of the chest after each compression.



7. Place both AED pads on the victim's chest as shown on the pads themselves. Make sure to NOT touch the victim while delivering the shocks and say out loud to everyone around to step back. Follow instructions to resume CPR.

8. Make sure to assign another person to take over CPR if you get tired. Continue CPR until paramedics come and take over.



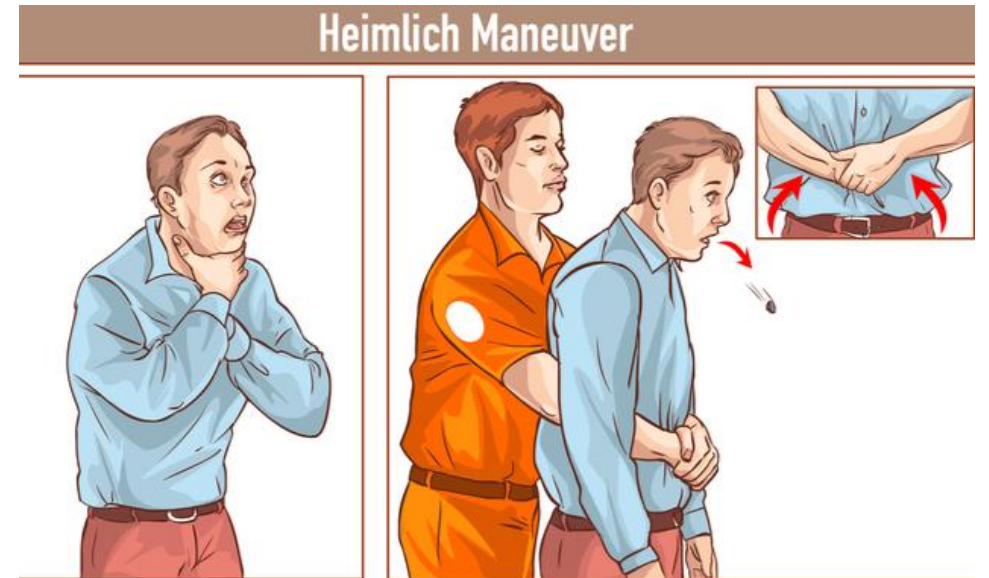
How to use AED?

- Before using an AED, check for the presence of water near the unconscious person. Move them away from wetness when delivering the shocks. If there's water on the victim's chest, make sure to wipe it off. Remove any liquid or stamps that might not let the AED pads stick.
- Turn on the AED's power. The device will give you step by step instructions. You will hear voice prompts and see prompts on a screen.



Choking adults

- Choking is when someone cannot breathe because food, a toy, or other object is blocking the throat or windpipe (airway).
- Symptoms of choking when a person is unconscious include:
 - Lips and nails become blue
 - Inability to breathe
- Heimlich Maneuver helps dislodge the blockage.



Heimlich Maneuver

- Stand behind the person. Place one foot slightly in front of the other for balance. Wrap your arms around the waist. Tip the person forward slightly. If a child is choking, kneel down behind the child.
- Make a fist with one hand. Position it slightly above the person's navel.
- Grasp the fist with the other hand. Press hard into the abdomen with a quick, upward thrust as if trying to lift the person up.
- Perform between six and 10 abdominal thrusts until the blockage is dislodged.

When to start CPR for a child or a baby?

1. Check for signs of unresponsiveness by flicking the bottom of the foot. If child does not respond, call 911.
2. Open the airway. With the child lying on their back, tilt the head back slightly and lift the chin. Check to see if something is blocking the airway. If not and child still not breathing or responsive. BEGIN CPR.

Place two fingers upon the baby's chest (same place as in adults) & same rate with compression depth of one third of the chest diameter

Choking infant (less than 2 years-old)

- Something is blocking the airway of the infant not letting them breathe.
- Have someone call 911. If you're alone begin the care of your baby as shown in the picture until whatever is blocking their airway is dislodged.
- If they're still not breathing or responsive, **BEGIN CPR**

Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand





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HEALTH SAFETY ENVIRONMENT