



# FIRST AID CHART



## CPR FOR ADULTS CARDIOPULMONARY RESUSCITATION

1



# D

ANGER

Scene Survey. Remove **Danger** or Move **Victim**.

Periksa Persekitaran. Alihkan **Bahaya** atau alihkan **Mangsa**

4



# A

IRWAY

Open airway using **HEAD-TILT, CHIN-LIFT METHOD**.

Buka salur pernafasan dengan KAEDAH **DONGAK KEPALA, ANGKAT DAGU**.

2



# R

ESPONSE

Tap victim's shoulder & ask, "**ARE YOU OKEY?**"  
If no response, shout for "**HELP!**"  
If help arrive. ask him/her to call **999/112**, get an **AED** and report back.

Tepuk bahu mangsa dan tanya. "**AWAK OKAY KE?**"  
Jika tiada tindak balas, jerit minta "**TOLONG!**"  
Jika seseorang itu sampai, minta dia panggil **999/112**, dapatkan **AED** dan laporkan kembali.

5



# B

REATH

**GIVE 2 RESCUE BREATH** that make the chest rise.

**BERIKAN 2 BANTUAN PERNAFASAN** yang mengembangkan dada.

3



# C

HEST COMPRESSION

Check breathing by observing victim's chest movement.  
If there's no breathing or only gasping, **GIVE 30 CHEST COMPRESSION**.

Periksa pernafasan dengan memerhatikan pergerakan dada mangsa. Jika tidak bernafas atau tercungap-cungap, **BERI 30 KALI TEKANAN DADA**

Compression Rate /Kadar Tekanan  
**100-120**  
compression/min

Compression Depth/Kedalaman Tekanan  
**At least 2.0 in.**

6



# D

EFIBRILLATION

Continue with cycles of chest compressions & rescue breaths (**30:2**) until **AED** arrive, switch it "**ON**" and follow the voice prompt.

If **AED** unavailable, continue until Ambulance arrived, victim revived or rescuer exhausted.

Teruskan dengan kitaran tekanan dada & bantuan pernafasan (**30:2**) sehingga **AED** sampai, tekan butang "**ON**" dan ikut arahan suara.

Jika tiada **AED**, teruskan sehingga Ambulans tiba, mangsa pulih atau penyelamat penat.

## WHAT IS AED?

**Automated External Defibrillator (AED)** is an electronic device that analyses the heart rhythm and if necessary delivers an electric shock to the heart of a person. **Sudden Cardiac Arrest (SCA)**. **AED** would greatly increase the chance of saving a person life in.