

# CPR

CARDIO PULMONARY RESUSCITATION  
HONOUR



MG JERRANDY SONSONA  
4EVER FAITHFUL CLUB OF SHARJAH, UAE

# CPR

CARDIO PULMONARY RESUSCITATION

1. Successfully complete a class sponsored by either the American Heart Association, the American Red Cross, or an equivalent under a certified instructor in order to properly learn and demonstrate one-person CPR. This must be within the past 12 months.



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2. Know and understand the location and function of the heart and lungs.

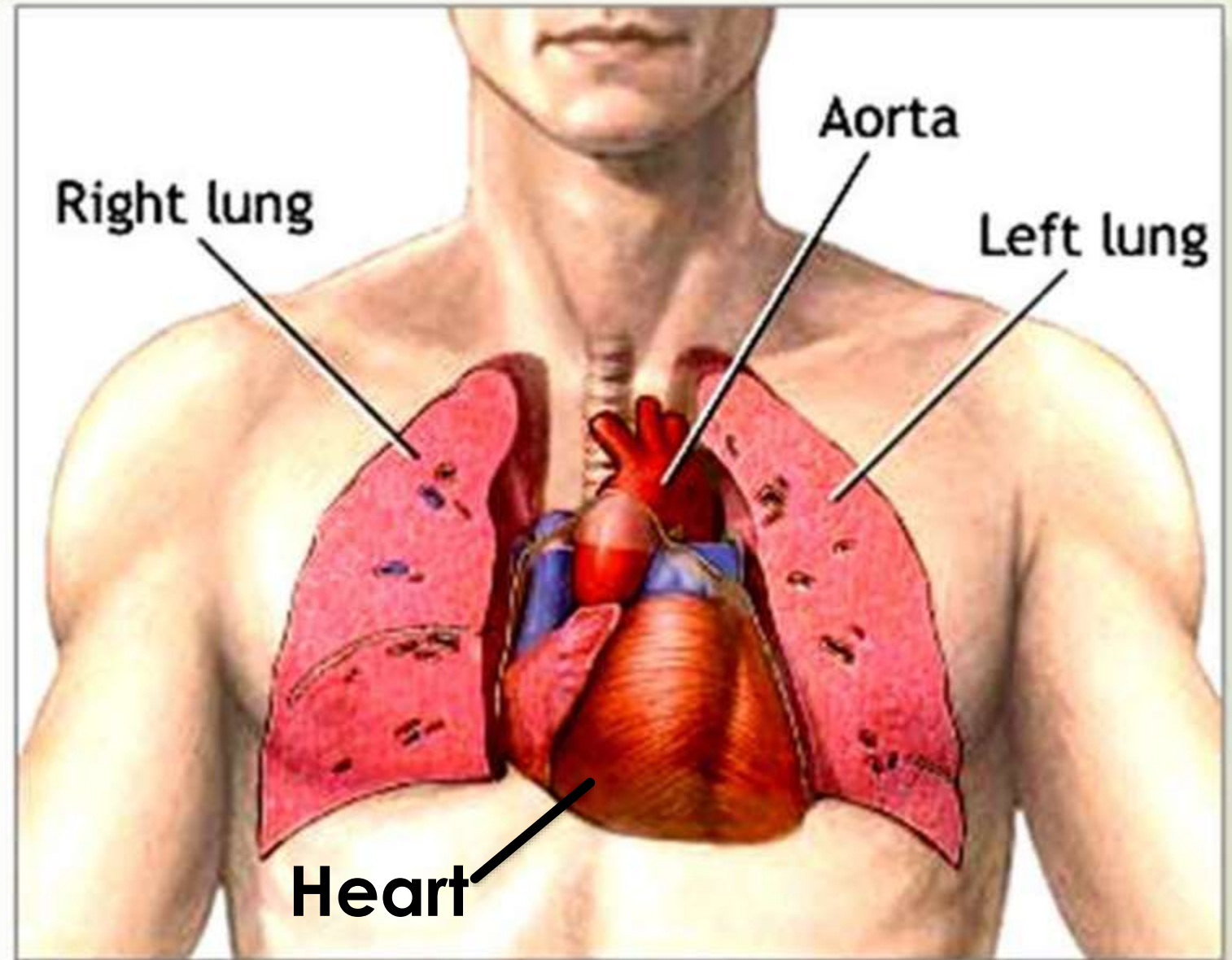


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# LOCATION OF HEART AND LUNGS

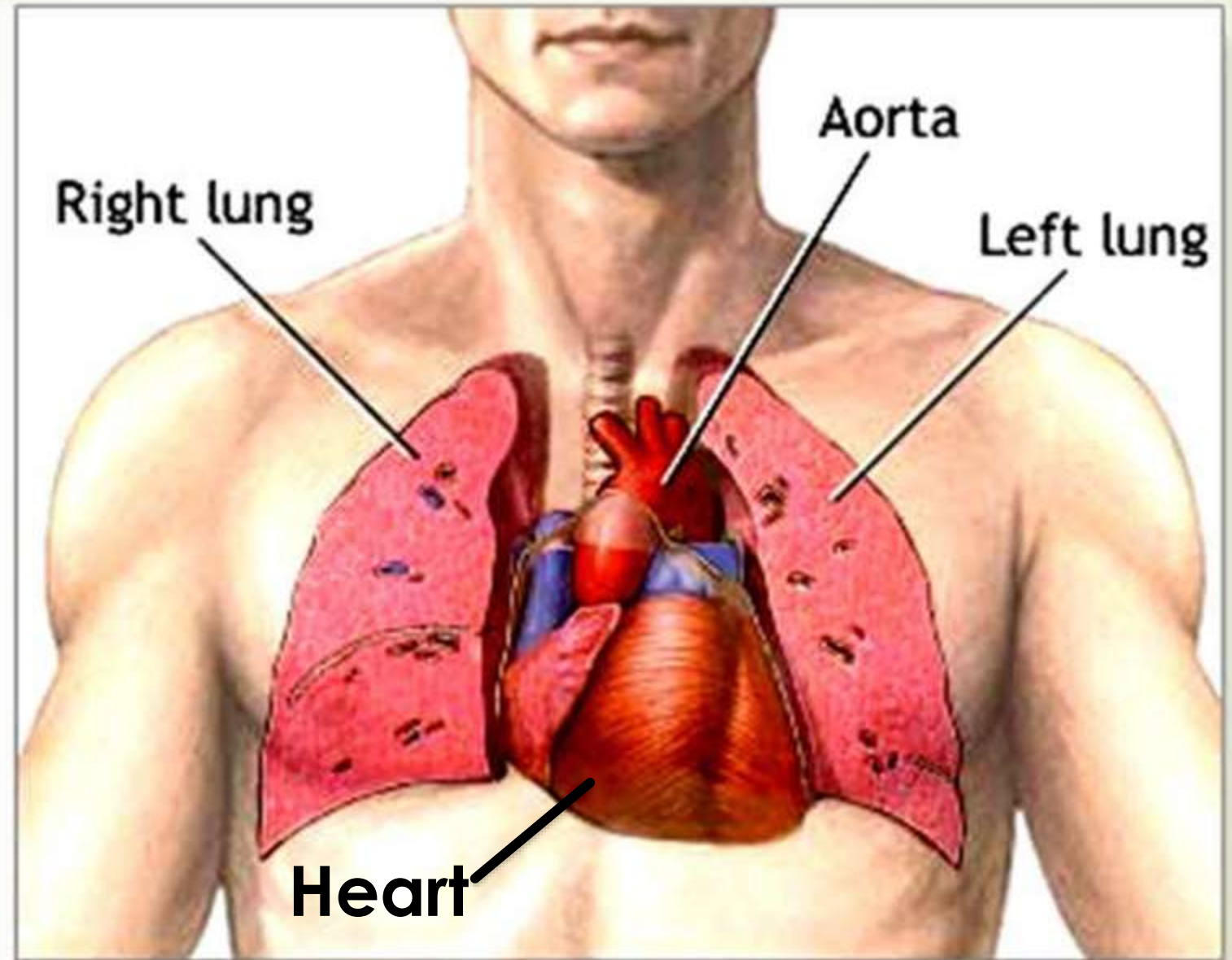
1. The heart and lungs fill the upper chest cavity
2. These vital organs are protected by the rib cage and sternum
3. The heart is at the center of both lungs





# FUNCTIONS OF HEART AND LUNGS

1. The lungs get **oxygen** from inhaled air and inject it into the blood that comes from the heart
2. The heart **pumps** oxygenated blood to the rest of the body



# CPR

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3. Define CPR and tell five conditions under which it would be used.



# What is CPR?

- It is an **emergency lifesaving procedure** performed when the heart stops beating.
- It is a combination of **chest compressions** and **artificial ventilation/breathing**









## When is CPR started?

- It begins right after confirming that the victim has **NO pulse and breathing.**




## Checking for Carotid Pulse & Breathing

- Extend the neck
  - Use the index and middle fingers in the groove on one side of the neck only
  - Check for breathing by looking at the rise and fall of the chest
  - Check for pulse and breathing at same time.
- NO more than 10 SECONDS!**
- Not recommended for lay rescuers.



## Checking for Carotid Pulse & Breathing

- For non-professionals, it is often difficult to check the carotid pulse. For this reason, it is recommended to look for signs such as coughing, normal breathing, movement or response to pain stimulus.
- 
- Checking for pulse would waste valuable time to resuscitate the heart.





**CONDITIONS UNDER  
WHICH IT WOULD BE  
USED**

# Electrocution



**CONDITIONS UNDER  
WHICH IT WOULD BE  
USED**

# **DROWNING**





**CONDITIONS UNDER  
WHICH IT WOULD BE  
USED**

**HEART  
ATTACK**





**CONDITIONS UNDER  
WHICH IT WOULD BE  
USED**

**CHOKING**



**CONDITIONS UNDER WHICH IT WOULD BE USED**



**SHOCK**





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4. Understand Prudent Heart Living. List five things a person can do to maintain a healthy heart.



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**SMOKING**

## Factors Affecting Heart Condition

It increases the risk of heart attack by two to six times!

Significant percentage of all cardiovascular disease is related to smoking.



# Factors Affecting Heart Condition

THE BEST  
ADVICE  
I EVER GOT WAS...

**DON'T SMOKE!**





# Factors Affecting Heart Condition



**DIET**

Heart damaging diet are rich in saturated fats, cholesterol, sugar and salt.

“**Fast Food Diet**” are very bad for your health!





# Factors Affecting Heart Condition

ADVICE

**Eat more fruits (high in Vit. C), nuts, and vegetables (especially leafy vegetables).**





# Factors Affecting Heart Condition

Poor physical activity

- Obesity
- Heart diseases, & heart attack
- High blood pressure
- High cholesterol
- Stroke (CVA)
- Metabolic syndrome
- Diabetes



**sometimes  
the hardest  
things to do  
are the best  
things for us**



## Factors Affecting Heart Condition

**Regular aerobic  
exercise** keeps your  
heart (which is a  
large muscle) in good  
condition.





# Poor water intake

## Factors Affecting Heart Condition

If you're dehydrated, even slightly, your heart has to work harder to pump blood, which can increase your heart rate and cause an **irregular heartbeat** or palpitations.

**Dehydration** thickens your blood and makes blood vessel walls constrict which can cause high blood pressure and strain your heart.





## Factors Affecting Heart Condition

# Stay Hydrated



**By drinking 6 – 8 glasses  
of water per day.**

**1 glass = 8oz. or 240 ml**





# Factors Affecting Heart Condition



- makes platelets sticky and prone to forming clots that can block the arteries.
- can also cause arteries to constrict, starving the heart of nourishing blood and triggering chest pain or a [heart attack](#).





**Few and simple  
ways to do:**



**Stress**



## **Factors Affecting Heart Condition**

- 1. Exercise.** It is one of the most important things you can do to combat stress
- 2. Consider eating a well-balanced diet**
- 3. Reduce/avoid caffeine intake**
- 4. Spend time with friends and family**
- 5. Laugh**





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5. Develop, maintain, and keep a record of a personalized programme in exercise, health, and diet habits for one month.



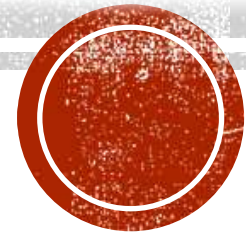
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# Developing a record of a personalized exercise programme and diet habits for one month



See the [Physical Fitness](#) honour for setting up a personalized exercise program. If you opt for aerobic exercise and stick with it for one month, you may as well stick with the programme for two more months and earn the Physical Fitness honour too.

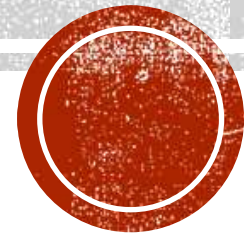




# **Exercise Programme includes:**

## **A. Warm Up**

- **It stretches and warms the muscles, thereby decreasing the likelihood of an injury.**
- **It gradually increases the heart rate in preparation for workout.**

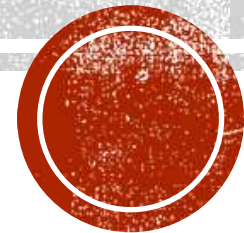


# Exercise Program

includes:

## **B. Aerobic Exercises**

- **The main part of the programme from which most benefits of exercise are derived.**
- **Any exercises that increases oxygen intake and increases the heart rate past the target rate**
- **Performed for at least 20 minutes**

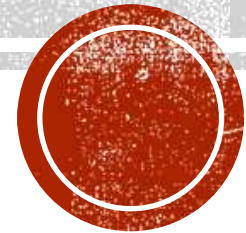




# **Exercise Program includes:**

## **C. Cool Down**

- **It allows the heart to gradually slow down.**
- **Cooling down can be done by walking around for five minutes after aerobic exercises.**



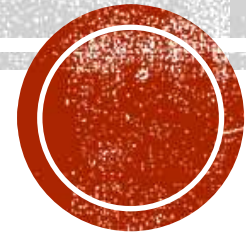
# Exercise Program includes:

## **D. Calisthenics**

- **It builds up muscle strength which decreases the chance of injury during future aerobic exercises.**
- **This portion should last 10 minutes.**

**Few Calisthenics  
exercises includes:**

**Pull-ups, Chin-ups, Dips  
Jump squats, Push-ups,  
Crunches, etc.**



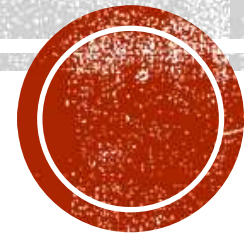
<https://www.healthline.com/health/fitness-exercise/calisthenics#pushups>





# Diet Habits

This can be done with pencil and paper or with an online tool such as the one provided by the USDA at [ChooseMyPlate.gov](https://www.choosemyplate.gov).



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6. Learn the significance of the colours and design used on the honour token/patch for this honour





# Significance of the COLOURS and DESIGN used on the Honour Token

**A.** The person needing CPR is **WHITE**, signifying no blood circulation.



# Significance of the COLORS and DESIGN used on the Honor Token

**B.** The person giving CPR is  
**RED**, signifying a very alive  
person.





# Significance of the COLORS and DESIGN used on the Honor Token

**C.** The background of  
**PURPLE** signifies loyalty  
or commitment.



# Significance of the COLORS and DESIGN used on the Honor Token

**D.** The border of **GOLD**  
speaks to the value of  
human life.





# Significance of the COLORS and DESIGN used on the Honor Token

**E.** A **HEART** is formed by the head, shoulders, and arms of the person performing the CPR, signifying compassion for another individual.



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