

name: _____

class: _____

date: _____

CPR Basics



Cardiopulmonary resuscitation, or _____, is a crucial emergency procedure that combines chest compressions with artificial _____ to help maintain vital flow of oxygen to the brain and heart in a person who has gone into cardiac _____. When someone suffers from a sudden cardiac arrest, their heart stops _____ and they stop breathing, making immediate CPR vital for survival. CPR can double or even triple a person's chance of _____, especially if performed within the first few minutes of cardiac arrest. The process involves pressing down firmly and rapidly on the victim's _____, at a rate of about 100 to 120 compressions per _____. It's essential that these compressions are deep enough, usually about 2 inches in adults, to ensure that _____ is effectively circulated. In addition to chest compressions, providing _____ breaths helps deliver oxygen directly to the lungs of the person. However, if a _____ is not trained or is unsure about giving rescue breaths, performing _____ CPR is still significantly beneficial. The sequence of CPR is easy to remember as C-A-B: Compressions, _____, and Breaths, prioritizing chest compressions over airway and breathing assistance. It's important for _____ to learn CPR, not just healthcare professionals, because emergencies can occur anywhere - at _____, in public places, or at work. Unfortunately, less than half of those experiencing a cardiac arrest outside of a _____ receive the help they need before professional help arrives. Taking a _____ course can empower _____ to act confidently and competently in such critical situations, potentially saving a _____.

bystander minute individuals beating Airway everyone ventilation home
arrest CPR hands-only blood survival rescue hospital chest CPR life