

If first aid is required

First Aid for Someone Who Is Unconscious

It is important to stay calm and check the condition of the injured or ill person, and provide appropriate first aid for the symptoms. Osaka City holds first aid training sessions.

Cardiopulmonary Resuscitation (CPR) Steps

Evaluate

Act

Check for responsiveness

If there is no response, or if you don't know what to do

Call 119 and get an AED

Check for breathing (chest and stomach movement)

Is the breathing normal?

Yes

Put the person in the recovery position
Keep an eye on the person and wait for medical help to arrive

If not breathing, or if you don't know what to do

Start chest compressions immediately

(Continue until the AED is turned on and pads are attached to the body, or until medical help arrives, or until the person starts moving and breathing again)

- * If you can do rescue breathing (mouth to mouth resuscitation), perform chest compressions and rescue breathing at a ratio of 30:2 (30 compressions: 2 breaths)
- * If you can't or are uncomfortable doing rescue breathing, just do the chest compressions

The AED arrives

* Once the AED arrives, use it before doing anything else.

① Turn on the AED ② Put the electrode pads on the person

Cardiac rhythm analysis
Is electric shock needed?

Yes, it's necessary

Deliver a shock one time. Immediately follow the shock with chest compressions (for 2 minutes). Also perform rescue breathing if possible.

No, it's not necessary

Immediately restart chest compressions (for 2 minutes). Also perform rescue breathing if possible.

Follow the audio instructions for the AED

* Repeat until the medical help arrives or the person starts moving and breathing again

1. Check for responsiveness

- Look around to check your safety and approach the injured or ill person
- Ask them if they are okay
- Gently tap their shoulder

If they don't respond or react to your talking or tapping, follow the steps below.

2. Call 119 and get an AED

- Try to get more people to help
- Ask people around you to call 119 and bring an AED

3. Check to see if the person is breathing

- Lay or turn the person on their back
- Check the person's chest and stomach movement

Check within 10 seconds to see if they are breathing. If not breathing normally, or if you don't know what to do, assume that the victim has suffered cardiac arrest. Gasping should also be considered "not breathing."

4. Chest compression

[For an adult]

① Where to compress

In the center of their chest (vertically and horizontally)



② How to place your hands

Place one hand directly on top of the other and interlock your fingers. Keep your elbows straight.

③ How to compress

Put the palm and heel of your hand in the center of their chest. Lift your fingers up so that they are not touching the person's chest. Push straight down on their chest, compressing the chest at least 5cm, then release the pressure until the chest rises back to the original level.

④ Push at least at a rate of 100 compressions a minute

Continue until the person starts to move or breath normally, or until medical help arrives.



Continue to the next page