

# Disaster Preparedness International

*"Helping the people prepare for disasters"*

## ***What we're All About***

### **FOURTH WEEK BASICS:** CPR and the Heimlich Maneuver

Note: this is what we will 'teach' the adults – students on December 8, will 'demonstrate' and then teach their parents. I suggest they go through this 'week' learning and then practice a few times before the main event.

#### **Monday:** CPR basics

##### Vocabulary:

- Heimlich
- Heart
- Cardiovascular system
- Cardiopulmonary resuscitation (CPR)
- Defibrillator
- External
- Life-saving
- Cardiac
- Lungs
- Resuscitation
- Medical
- Breathing
- Windpipe
- Abdomen
- Navel
- Dislodge
- obstruction

#### **What does CPR stand for?**

Cardio **means** "of the heart" and **pulmonary means** "of the lungs." **Resuscitation is** a medical word that **means** "to revive" — or bring back to life. Sometimes **CPR can** help a person who has stopped breathing, and whose heart may have stopped beating, to stay alive.

#### What are the 7 steps for CPR?

- Position your hand (above). Make sure the patient is lying on his back on a firm surface. ...
- Interlock fingers (above). ...
- Give chest compressions (above). ...
- Open the airway (above). ...
- Give rescue breaths (above). ...
- Watch chest fall. ...
- Repeat chest compressions and rescue breaths.

Link with pictures: <https://www.readersdigest.ca/health/conditions/essential-cpr-steps/>

**What is the Heimlich Maneuver?**

a first-aid procedure for dislodging an obstruction from a person's windpipe in which a sudden strong pressure is applied on the abdomen, between the navel and the rib cage. The **Heimlich maneuver** is a procedure **used to** help a choking person who is conscious and unable to talk. The **Heimlich maneuver** pushes air out of the person's lungs and makes him cough. The force of the cough may then move the object out of his airway.

**Tuesday:** CPR discussion, demonstration and practice

**Wednesday:** Heimlich Maneuver discussion, demonstration and practice

Link to material with pictures: <https://www.drugs.com/cg/performing-the-heimlich-maneuver.html>

**Thursday:** Review, practice and discussion

**Friday:** Test – this should be a short vocabulary test and an actual series of demonstrations

The test this week should be:

- 1) Vocabulary words
- 2) Students should know the difference between CPR and the Heimlich
- 3) Students should know the 7 steps for CPR
- 4) Students should be able to undertake an actual demonstration