

## **CPR AND BASIC FIRST AID TRAINING**

A week-long CPR, Basic First Aid Training, and NCD Screening Programme was successfully conducted at the Conference Hall, Police Reserve, Shillong, by the Office of the District Medical & Health Officer (DMHO), East Khasi Hills, in collaboration with the Office of the Addl. Superintendent of Police (Traffic), East Khasi Hills, and the Police Hospital, Police Reserve, Shillong.

The programme aimed to enhance the life-saving skills of Traffic Police personnel and Home Guard volunteers, enabling them to provide immediate and appropriate assistance during medical emergencies, including road traffic accidents, cardiac arrest, choking, bleeding, fractures, and other life-threatening situations before the arrival of medical professionals.

As part of the programme, Non-Communicable Disease (NCD) screening was also conducted to promote early detection and timely management of hypertension, diabetes, and other common NCDs among the participants. The initiative reflects the commitment of the Health Department and the Police Department towards strengthening emergency preparedness while promoting the health and well-being of frontline personnel.

In continuation of these capacity-building initiatives, a one-day workshop on Basic First Aid and CPR was conducted on 26<sup>th</sup> June 2026 for the teachers and students of St. Edmund's Higher Secondary School, Shillong. The workshop focused on creating awareness and imparting practical life-saving skills, including recognition of cardiac arrest, hands-only CPR, management of choking, control of bleeding, and other essential first aid measures. The programme aimed to empower teachers and students to respond confidently and effectively during emergencies until professional medical help becomes available



# CPR (CARDIOPULMONARY RESUSCITATION)

## A LIFE-SAVING FIRST AID TECHNIQUE

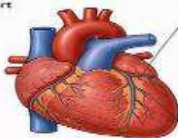


CPR is an emergency procedure performed when a person's heart stops beating or they stop breathing. It helps maintain **blood circulation** and **oxygen** supply to the brain and vital organs until professional help arrives.

### WHAT IS CARDIAC ARREST?

Cardiac arrest occurs when the heart suddenly stops beating effectively due to an electrical malfunction. There is no pulse, no breathing or abnormal gasping.

Without immediate CPR, brain damage can begin within 4–6 minutes and death can occur within 10 minutes.



### SITUATIONS WHERE CPR MAY BE NEEDED



### SIGNS OF CARDIAC ARREST

- Unresponsive
- No normal breathing
- No pulse
- Abnormal gasping



### CPR – STEP BY STEP DEMONSTRATION (ADULT)

#### 1 CHECK RESPONSIVENESS

Tap the shoulders and shout, "Are you OK?"



#### 2 CALL FOR HELP

Call emergency number (108 / 112) or ask someone to call



#### 3 CHECK BREATHING

Look, listen and feel for normal breathing for no more than 10 seconds. If not breathing normally, start CPR.



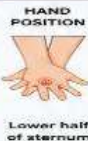
#### 4 START CHEST COMPRESSIONS

Place heel of one hand on the center of the chest (lower half of sternum). Place other hand on top. Interlock fingers. Keep arms straight. Push hard and fast.



### CHEST COMPRESSION TECHNIQUE

- Compression rate: 100–120 per minute
- Compression depth: 5–6 cm (2–2.4 inches)
- Allow full chest recoil after each compression.
- Minimize interruptions.
- If trained and able, give rescue breaths.



### RESCUE BREATHS (IF TRAINED & ABLE)

After 30 compressions, give 2 rescue breaths.

1. Open the airway.
2. Pinch the nose.
3. Cover the mouth with your mouth and give breath for 1 second.
4. Watch for chest rise.
5. Give second breath. Then immediately resume compressions.



#### 5 CONTINUE CPR

- Continue cycles of 30 compressions and 2 breaths. Keep going until:
- Help arrives
  - Person starts breathing
  - You are unable to continue

30 : 2

#### 6 USE AN AED IF AVAILABLE

Turn on AED and follow voice prompts. Apply pads to the person's bare chest as shown. AED analyzes heart rhythm and advises if shock is needed.



#### 7 RECOVERY POSITION (IF BREATHING)

If the person starts breathing normally and has a pulse, place in recovery position and monitor until help arrives.



### KEY POINTS TO REMEMBER

- ♥ Act quickly. Every second counts.
- ♥ Push hard, push fast.
- ♥ Do not stop unless necessary.
- ♥ Early CPR can double or triple a person's chance of survival.



### COMPRESSION GUIDE (ADULT)

Compression rate	100–120 per minute
Compression depth	5–6 cm (2–2.4 inches)
Hand position	Center of chest (lower half of sternum)
Ratio (Single rescuer)	30 compressions : 2 breaths
Ratio (Two or more rescuers)	30 compressions : 2 breaths
Allow full chest recoil	Yes
Minimize interruptions	Yes

### CPR FOR SPECIAL SITUATIONS

#### CHILD (1 YEAR TO PUBERTY)

- Use one or two hands (depending on size)
- Compression depth: about 1/2 of chest
- Ratio: 30:2 ratio



#### INFANT (BELOW 1 YEAR)

- Use two fingers (single rescuer) or two thumbs (two rescuers)
- Compression depth: about 1/3 of chest
- Ratio: 30:2



#### PREGNANT WOMAN

- Perform CPR as usual
- Tilt patient slightly to left side (if possible) to avoid pressure on large blood vessels



### BENEFITS OF CPR

- ✓ Maintains blood flow to the brain and vital organs until help arrives.
- ✓ Helps prevent brain damage and death.
- ✓ Increases survival rate from cardiac arrest.
- ✓ Can be performed by anyone with basic training.
- ✓ Simple, safe and effective life-saving technique.

### CPR DOES NOT REPLACE PROFESSIONAL CARE.

It only keeps the person alive until advanced medical care is available.



LEARN CPR.  
SAVE LIVES.



"YOU CAN'T ALWAYS BE A DOCTOR, BUT YOU CAN ALWAYS BE A LIFE SAVER."

Note: This infographic is for educational purposes only. Training from a certified organization is recommended for proper CPR skills.

## Choking first aid



Give 5 back blows



Give 5 abdominal thrusts



Repeat until the object is out

## Choking first aid for baby



Check mouth



Chest thrust



Cough up object

**DO NOT USE ABDOMINAL THRUSTS ON A BABY LESS THAN ONE YEAR.**

