

When you see a fallen person

Disaster prevention
preparations

First-aid treatment

When you see a fallen person it is important not to waste any time. First, lightly tap his or her shoulder and speak to the person; then quickly observe the person's condition. If the person is unconscious, immediately perform cardiopulmonary resuscitation, shout for help, and call for ambulance.



How to perform cardiopulmonary resuscitation

① Check for the person's response

Ask "Are you okay?"

② If there is no response, check for breathing

Check the person's chest and stomach; if they move up and down, the person is breathing. If there is no movement, the person is not breathing (cardiac arrest), then immediately perform cardiopulmonary resuscitation.

If the unconscious person is breathing, lay them sideways on the ground. Bend the upper knee and elbow slightly and roll them gently forward. Place the upper hand on their chin so that the chin stays forward and the airway is unobstructed (recovering position).

③ Start chest compression

1. Lay the unconscious person face up on a flat surface while rescuer kneels beside the body.
2. The middle of the chest is the site for compression. Use the palm of your hand, close to the wrist, on top of the compression site, and then place your other hand on top to layer both palms.
3. Straighten your elbows, push down until the whole chest area compresses 5cm.
4. Lift your body up and loosen the force of your hands. Repeat this movement 30 times at the rate of 100 times per minute.

If the unconscious person is a child, use both or one hand. If the unconscious person is an infant, apply two fingers and press down until the chest compresses one third of their chest thickness.

④ If the person is not breathing (Artificial respiration/mouth-to-mouth resuscitation)

1. Lay the unconscious person face up.
2. Place one of your palms on the unconscious person's forehead. Using the index and middle finger of the other hand, pull up the person's chin to tilt the head backwards.
3. To secure the airway, close the nostrils of the unconscious person and then cover their mouth with your mouth. Take a second to slowly exhale into their mouth. Check and make sure the chest of the unconscious person is rising as you exhale.

⑤ Perform cardiopulmonary resuscitation

"30 Chest compressions plus 2 artificial respiration/mouth-to-mouth resuscitation" equals one set. Continue performing these sets until emergency medical assistance arrives.

For the victim of cardiac arrest, the most effective lifesaving method is an electric shock (defibrillation shock). If there is an electric shock machine for use by the general public "AED (Automated External Defibrillator)", use the AED for first-aid treatment as the first line of treatment.



Disaster prevention

Preservation version or conservation version
Kusatsu city
Disaster prevention handbook