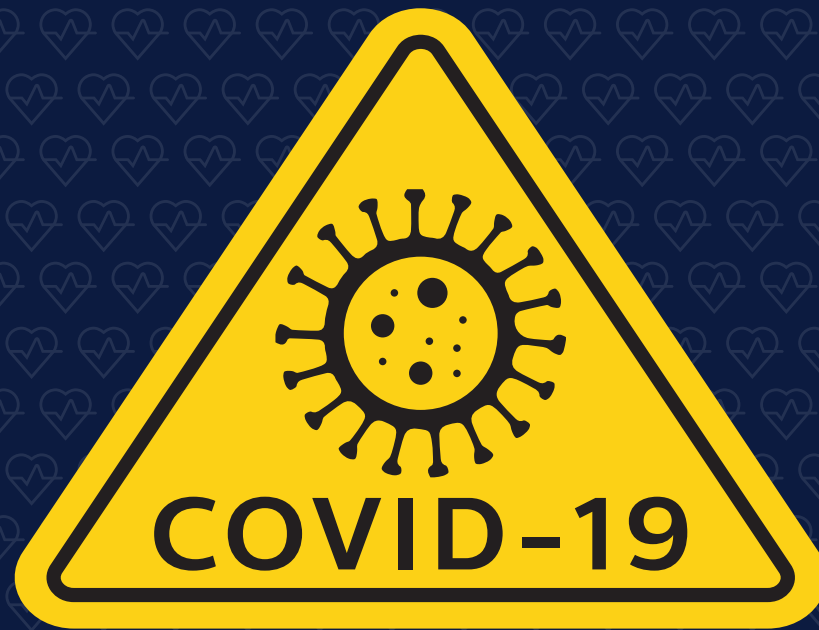
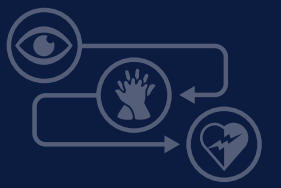


# CardioPulmonary Resuscitation and Defibrillation CPRD training **during COVID-19 situation**



When a cardiac arrest occurs in infectious or epidemic context (Covid-19) protective measures must be taken for the first aider and changes must be made to the management of casualties. This adaptation is linked to the undertaking of:

- acts of examination that require close proximity with the casualty's airway and expose the casualty to the risk of contamination;
- first aid resuscitation actions which cause an aerosolisation of the virus.

The aim of these changes is to reduce the risk of exposure to the virus. The changes are as follows:

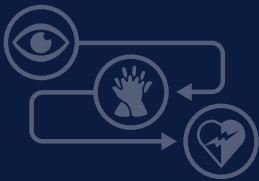
**Reinforce the principle: « ASSESS SITUATION, CPR, DEFIBRILLATION ». When faced with a casualty who doesn't respond or react:**

- 1** If possible, protect yourself with a mask;
- 2** After having laid the casualty on their back ; don't proceed to tilt back the casualty's head to open their airways. Don't attempt to open their mouth ; Don't lean over the casualty's face ; don't put your ear or cheek to the mouth or nose of the casualty;
- 3** Verify the casualty's breathing by checking if their stomach and chest lift. A cardiac arrest can be recognised by the limited or absence of response, and of normal breathing, without approaching the mouth of the casualty;
- 4** If possible, place a tissue, a towel or a mask over the mouth and nose of the casualty before proceeding with chest compressions and defibrillation. This reduces the risk of the virus being spread in the air (aerosolisation) during the chest compressions. The first aider should wash his/her hands after having provided CPR;
- 5** Don't do mouth to mouth resuscitation. That being said, in two scenarios this is left to the judgement of the first aider :
  - *The first aider lives in the same household as the casualty (already shares risk of contamination or risk is limited within the family);*
  - *The casualty is a child or an infant (as cardiac arrests in children are generally due to respiratory problems, practicing artificial ventilation increases the chance of children surviving).*
- 6** Continue the resuscitation undertaken until being relieved by the emergency services.



# CardioPulmonary Resuscitation and Defibrillation

## CPRD training during COVID-19 situation



ASSESS SITUATION — CPR — DEFIBRILLATION

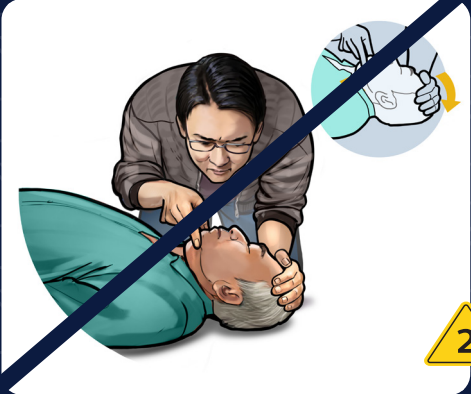
1. Check the surroundings



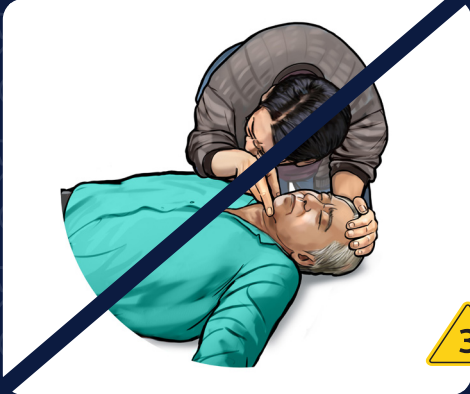
2. Call emergency



3. Open the airway



4. Check for breathing



ASSESS SITUATION — CPR — DEFIBRILLATION

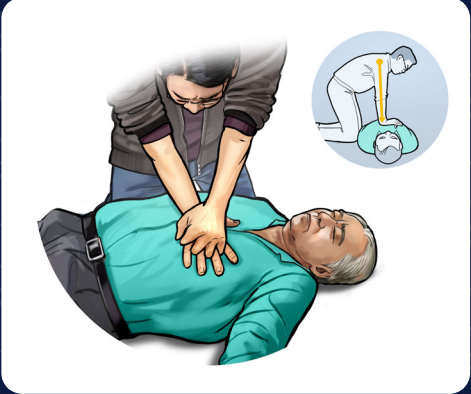
1. Position your hand



2. Interlock fingers



3. Keep your arms straight



4. Give 30 chest compressions



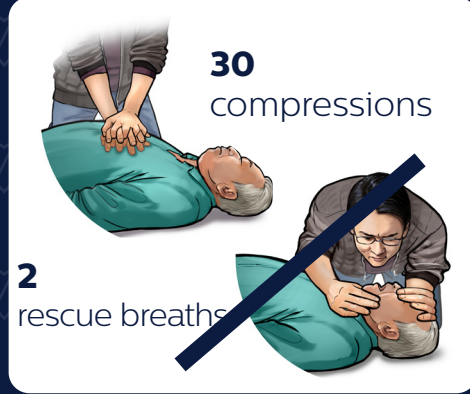
5. Open the airway



6. Give 2 rescue breaths



7. Repeat chest compressions and rescue breaths



ASSESS SITUATION — CPR — DEFIBRILLATION

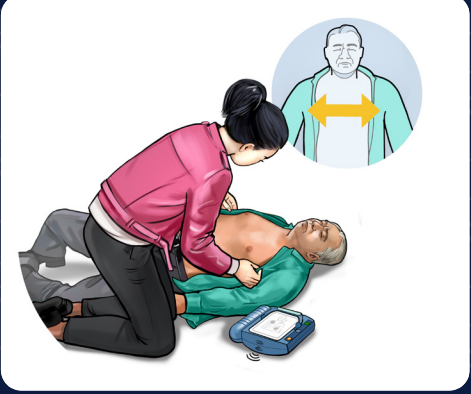
1. Make sure the victim is dry



2. Turn on the AED



3. Prepare the chest area



4. Apply the electrode pads



5. Stand clear



6. Let the AED analyze



7. Shock the victim if needed



8. Continue CPR

