

Jeevan Rekha

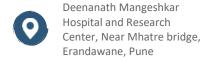
Be a life saver!

How can you help a person who has a health emergency at home?

Call ambulance-DIAL 108

Provide accurate address and nearby landmark.

Things to be checked while waiting for ambulance:



- Dr. Indumati Amodkar Simulation Center, Super-Speciality building, 14th floor - A wing Contact No. 020-4915 4403
- simcenter@dmhospital.org
- www.dmhemcrit.com

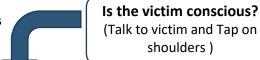
Hands on training

COLS + AED - 2hrs

Registration fees - 800 /-

COLS + AED + FIRST AID - 4hrs

Registration fess - 1200 /-



Check for complaints

Chest pain?

Cardiac pain - Severe crushing pain / heaviness in the centre of chest; Pain radiating towards left arm, jaw; Profuse sweating

First response –

- Avoid any exertion/ walking
- Comfortable position
- Give Aspirin 325mg (Dispersible)

Breathlessness?

- Give propped up position
- Remove tight clothing

Check Breathing (Check Chest wall movement)

NO

Keep in Recovery position



Start CPR

- **Essential Life** saving skill
- Hands-on training on a mannequin is available at Deenanath Mangeshkar Hospital.



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PRESSIONS ONLY LIFE SUPPORT)

YES

Protocol for pre-hospital management of cardiac arrest.



YES

Is the victim conscious?

(Talk to victim and Tap on shoulders)

Check for complaints and provide appropriate care.



Check Breathing

(Check Chest wall movement)



CALL AMBULANCE IMMEDIATELY!



QR Code - App for 108
Ambulance service

Keep in Recovery position (Left lateral position)

- ✓ Keep until ambulance arrives
- Keep monitoring the breathing every 2 mins



If signs of life are present

* Signs of life include -

- ✓ Any movement of victim's extremities
- ✓ Chest movement
- ✓ Eye opening
- ✓ Any sound by victim

Start CPR



Chest compressions

- ✓ Ensure hard surface below the victim
- ✓ Location : Center of the chest between nipples
- ✓ PUSH HARD & PUSH FAST
- ✓ Rate 100 to 120 per minute
- Depth 2 Inches / 5 cms
- ✓ Allow complete recoil of chest
- ✓ Minimize interruptions
- Perform compressions until signs of life* appear OR ambulance arrives.
- ✓ Change the compressor