

# How to perform cpr essay



**ASSIGN  
BUSTER**

Imagine you are at the beach on a beautiful summer day. You are lying on a blanket in the sand, enjoying the sun's warmth, when you hear a commotion from your fellow beach-goers. You approach the circle of people that has now formed around a young man who is lying motionless and unresponsive. You do not see a lifeguard or authority figure close by, and no one else seems to be doing anything to help, so what do you do? The answer is a procedure called Cardiopulmonary Resuscitation, or C. P. R.

Cardiopulmonary Resuscitation is a cycle of rescue breaths and chest compressions that can help restore circulation to the brain in someone who is not breathing. An individual can suffer permanent brain damage without oxygen for only a few minutes, making C. P. R. very important in times of such a crisis. Before beginning C. P. R. , you should always be certain that the scene around the injured person is safe enough for you to approach. If there is any risk of bodily injury to yourself or someone else, you should alert emergency services, but not attempt to perform C.

P. R. You should also check for signs of responsiveness. Ask the injured person if they are ok, tap their shoulder or arm, and listen and watch for signs of speech or movement. If the person responds to you, they do not need C. P. R. If the person does not respond to you, you should check for signs of breathing. You may be able to see the chest rise and fall or hear air going in and out of the mouth. If you cannot determine whether or not the person is breathing, you should have someone call 911 and perform C. P. R.

First, you will place the unresponsive person on their back if they are not already positioned so. Lift the chin using two fingers, and push down the

forehead with your other hand. This positioning allows the airway to open; ensuring the rescue breaths you administer will reach the lungs. Next, you will perform two rescue breaths. You should pinch the person's nose closed, seal your mouth tightly over theirs, and breathe into the mouth. Each rescue breath should last about a second and make the chest rise as it enters the body. (www.nlm.nih.gov, online) After performing rescue breaths, you will need to do chest compressions. This step is done by placing one hand in the middle of the breastbone and the other hand on top of that one. You will then position your body directly over your hands and press down two inches into the injured person's chest (www.nlm.nih.gov, online). You will do thirty chest compressions very quickly. If the injured person does not recover after you have completed chest compressions, you should repeat the cycle again. You should do this until the person recovers or medical health professionals arrive on the scene.

Also, if the person does recover, you should place them on their side in a recovery position until E. M. T. 's arrive. C. P. R. training is offered to anyone who may be interested in almost every community in the United States. It is a very important procedure and your knowledge of how to act could be a great benefit to others. If performed quickly and efficiently in an emergency situation, C. P. R. can save lives and greatly reduce a person's chance of brain damage. A simple cycle of chest compressions and rescue breaths can mean another day of life for someone in need.