


Learn to master resuscitation


It takes approximately 6 minutes for an ambulance to arrive. However, the chances of survival decrease 7 to 10% for every minute the heart is stopped. Learn to master resuscitation in order to save the lives of loved ones.

Primary emergency medical care


1 Check if there is a response
 First check if the patient can respond. Call out "Are you OK?" in a loud voice as you lightly hit the patient on the shoulder.



2 Call 119 for an ambulance and retrieve an AED
 If the patient does not respond to your calls, they are "non-responsive." Call out for help to people nearby in a loud voice and give them directions, such as "Call 119 for an ambulance; and "find and bring me an AED." If there is no one nearby, call 119 yourself.




3 Check for breathing
 Look at the chest and stomach area of the patient to check for breathing. If it is moving up and down, there is respiration. If there is no movement, or if there is abnormal movement (such as abrupt breathing similar to hiccupping), then the patient is deemed to have no respiration (cardiac arrest) and chest compressions should be started immediately.



4 Chest compressions


- Place the bottom parts of the palms of both hands, one over the other, over the center of the patient's chest. You can interlock your fingers. For children, you can use one hand. For infants, use 2 fingers.
- Extended and straighten both arms and position yourself so that your shoulders are directly above your palms.
- Quickly and repeatedly press down and compress the patient's chest so that it is depressed by approximately 5 cm (for children and infants, the chest should be depressed by about 1/3 of the thickness of the chest). The pace of the compressions should be 100 to 120 times a minute.
- Between compressions, completely remove pressure so that the chest returns to its normal height.



5 Combination of chest compressions and artificial respiration
 Repeat the combination of 30 chest compressions and 2 artificial respirations until the ambulance or AED arrives. You can also omit the artificial respiration and administer only the chest compressions.

- Pace of 100 to 120 times a minute
- Such that the chest is compressed by approximately 5 cm
- Cardiopulmonary resuscitation is a cycle of 30 chest compressions and 2 artificial respirations

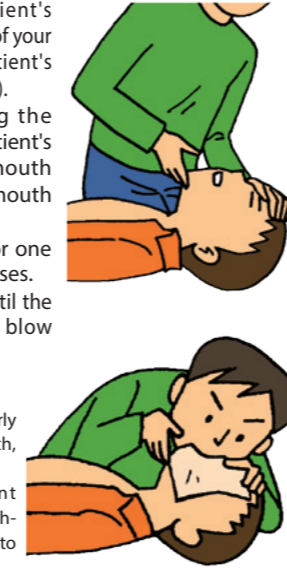
*If there are devices that prevent infection when administering mouth-to-mouth artificial respiration, be sure to use this device.




How to perform artificial respiration

- Use one hand to hold the patient's forehead, and place the fingertips of your other hand on the tip of the patient's chin and lift it up (secure an airway).
- With the hand that's holding the patient's forehead, pinch the patient's nostrils shut and open their mouth wide and place and seal your mouth over the patient's mouth.
- Blow into the victim's mouth for one second until the victim's chest rises.
- Remove your mouth and wait until the patient naturally exhales. Then blow twice into the patient's mouth.

*If you cannot do the procedure properly or cannot give direct mouth-to-mouth, repeat the chest compressions.
 *If there are devices that prevent infection when administering mouth-to-mouth artificial respiration, be sure to use this device.



Kyukyu Anshin Center Osaka
 When in doubt... **#7119**
 Cell phones / landlines (from push button lines) 06-6582-7119 (from landline IP dial tone lines)
 Suita City Fire Department On call 24 hours a day, 365 days
 <In an emergency, don't hesitate and call 119>



Learn to master the use of an AED

An AED (Automated External Defibrillator) is a device used to save patients who have gone into cardiac arrest. The device returns the heart's pumping functions to normal. It is a device that anyone can use, so let's learn how to use it.

6 Preparing the AED
 Place the AED to the left of the patient's chest. The AED will direct the user with audio messages and flashing lights on what steps to take. Stay calm and follow the instructions.

7 Open the cover (power is turned on)
 Power is automatically turned on when the cover is opened. From this point operate the AED by following the audio instructions.
 *Depending on the type of AED, there are those that require you to remove the AED unit from the case and press the power switch.
 *The AED is for patients who have suddenly gone into cardiac arrest and who are unconscious and not breathing.

8 Attach the electrodes (pads)
 Remove the 2 electrodes (pads) from the bag and place one on the top right of the chest (below the collar bone, to the right of the sternum), and the other on the bottom left of the chest (about 4 to 8cm below the armpit) so that there is no gap between the two. Specific locations are indicated on the pads themselves or on the bag that they were in.
 *Depending on the type of AED, some require you to plug in the cable from the pad into the AED unit.

9 Analysis of electrocardiogram
 Once the pads are attached, an audio message will be heard directing the user to move away from the patient. An analysis of an electrocardiogram will automatically start to determine whether defibrillation is necessary (some models may require you to push an "analyze" or similar button).

10 Administering of electrical shocks
 If the automatic analysis determines that electrical shocks are required, operate the AED according to the audio messages. Make sure that nobody is touching the patients and then press the defibrillation button. After the electrical shock, follow the instructions of the audio message and immediately start resuscitation as noted in 6.
 *When defibrillation is administered, all the muscles in the patient's body will twitch.

11 Repeat cardiopulmonary resuscitation and the use of the AED
 After the electrical shock of 10
 If after the results of 10, an audio message is heard that there is no need for an electrical shock
 In any of the cases above, immediately start resuscitation as noted in 6. After 2 minutes have elapsed after cardiopulmonary resuscitation is started (about 5 cycles of 30 chest compressions and 2 artificial respirations), the AED will automatically analyze the electrocardiogram and indicate whether a shock is required or not. If a shock is required, after the shock is given, repeat this process (1 electrical shock and 2 minute of resuscitation) until the patient can be handed over to ambulance personnel or a doctor. Stop cardiopulmonary resuscitation if the patient resumes normal breathing. Place the patient in a recovery position (on the patient's side with the AED still attached) and continue to monitor the patient.
 *Even if a message is heard that no shock is required, continue cardiopulmonary resuscitation if breathing is abnormal.



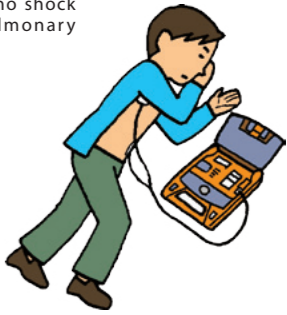
Emergency Medical Information Kit Distribution Project
 About the Emergency Medical Information Kit ~ Have the information you need in your refrigerator in case of an emergency. ~
 In order to ensure the safety and security of seniors living alone and other vulnerable residents, medical information such as your regular doctor, any illnesses that you may have, and other information such as an emergency contact number are placed in a dedicated container and stored in your refrigerator to prepare for an emergency. Should an emergency occur, the paramedics can confirm the information in the kit and provide prompt and appropriate aid, as well as enable quick and smooth contact with family members.

Persons targeted for distribution

- Seniors who are around 65 or older and are living alone
- Households consisting of only seniors who are around 65 or older
- Seniors who are around 65 or older who may be alone during the day

Application method / Distribution locations
 You will be provided with a kit when you fill out the application at the application window.

For details contact Welfare Department, Elderly Welfare Office

*Refer to Osaka Prefecture's AED map (<http://osakaaed.jp/>). Please refer to the Disaster Prevention Map at the back of this handbook for the locations of AEDs in public facilities in Suita City.

Earthquakes/Tsunamis
 Fires
 Storm and Flood Damage/Landslides
 Urban Disasters
 Everyday Preparations
 Regional Disaster Prevention
 Disaster Prevention Map