

Title	IMDG Code 2016 / SUPPLEMENT / MFAG / Table 2
Effective Date	1-1-2012
Invalid from	1-1-2014
Note	Incorporating Amendment 35-10

TABLE 2

CPR (CARDIO-PULMONARY RESUSCITATION)

Basic life support comprises the "A-B-C" steps which concern the airway, breathing, and circulation respectively.

Basic life support is indicated for:

- A**irway obstruction
- B**reathing (respiratory) arrest
- C**irculatory or cardiac arrest.

Any inadequacy or absence of breathing or circulation must be determined immediately.

Assessment of breathing

- ? Tilt the head firmly backwards with one hand while lifting the neck with the other hand to relieve obstructed breathing.
- ? Pull the tongue forward.
- ? Suck or swab out excess secretions.
- ? Clean any vomit from the mouth and back of the throat. Remove any loose dentures.
- ? Listen and feel for any movement of air, because the chest and abdomen may move in the presence of an obstructed airway, without moving air. The rescuer's face should be placed close to the casualty's nose and mouth so that any exhaled air may be felt against the cheek. Also the rise and fall of the chest can be observed and the exhaled breath heard.
- ? Look, listen and feel for five seconds before deciding that breathing is absent.



Assessment of heart function

- ? Check for a pulse. The best pulse to feel in an emergency is the carotid. Feel for five seconds before deciding it is absent. If it cannot be felt or is feeble, there is insufficient circulation.



FULL ADVICE ON CPR: see **APPENDIX 2**

SIGNS & SYMPTOMS

Breathing, heart is beating, unconscious

TREATMENT

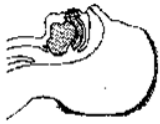
- ? Place casualty in the recovery position.



- ? Remove any loose dentures.
- ? Clean any vomit from the mouth and back of the throat.

Further advice on the **unconscious casualty**: See **Table 4**

- ? Once a clear and open airway is established, insert a Guedel airway: See **Appendix 3**

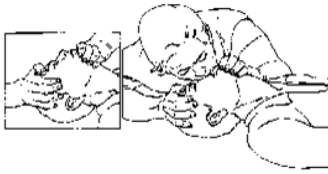


SIGNS & SYMPTOMS

Not breathing but heart is beating

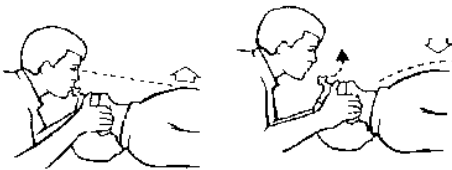
TREATMENT

? Begin artificial respiration; mouth-to-mouth or mouth-to-nose respiration.



? Give four quick breaths and continue at a rate of 12 inflations per minute.

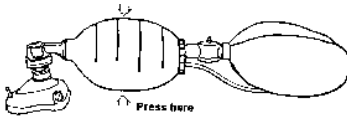
? Chest should rise and fall. If it does not, check to make sure the casualty's airway is clear and open.



? Do not use mouth-to-mouth respiration if the casualty was exposed to cyanides, organophosphates or radiation to prevent rescuer from being exposed.



? Meanwhile, install bag-valve-mask and oxygen supply for continued controlled ventilation. Give oxygen unless there is a danger of fire or explosion.



Further advice on **Oxygen Administration**: See Table 3

SIGNS & SYMPTOMS

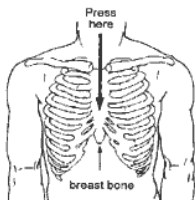
Breathing and heart have stopped

TREATMENT

? Begin CPR immediately. If possible, use two rescuers. Don't delay. One rescuer can do the job.

Locate the pressure point (lower half of breast bone: about 4 cm from the tip of the breast bone).

Depress breast bone 4 to 5 cm (80 to 100 times per minute).



If one rescuer:

15 heart compressions and 2 very quick lung inflations.

If two rescuers:

5 heart compressions and 1 lung inflation.