

Q 1. What are the 7 steps of CPR in order?

Ans :- The 7 steps of CPR (Cardiopulmonary Resuscitation) in order are:

1. **Check for responsiveness:** Tap the person and shout to see if they respond.
2. **Call for help:** If there's no response, call 911 or your local emergency services.
3. **Check for breathing:** Look for signs of breathing—if none, proceed to the next step.
4. **Start chest compressions:** Place your hands in the center of the chest and push hard and fast (about 2 inches deep at a rate of 100-120 compressions per minute).
5. **Give rescue breaths** (if trained): After 30 compressions, give 2 rescue breaths (if you're trained and able to do so).
6. **Continue CPR:** Keep alternating 30 compressions and 2 breaths until help arrives or the person starts breathing.
7. **Use an AED if available:** If an Automated External Defibrillator (AED) is available, turn it on and follow its prompts while continuing CPR until emergency help arrives.

Q 2. What is CPR and when should it be performed?

Ans - CPR stands for Cardiopulmonary Resuscitation. It is a life-saving technique used when someone's heart stops beating. CPR involves chest compressions and sometimes rescue breathing to help circulate blood and oxygen to vital organs until medical help arrives. CPR should be performed immediately when someone is unresponsive and not breathing, or if their breathing is very irregular.

Q 3. Why is CPR important?

Ans - CPR is important because it helps save lives by keeping blood and oxygen flowing to vital organs, especially the brain and heart, when someone's heart stops beating. It can increase the chances of survival until medical help arrives.