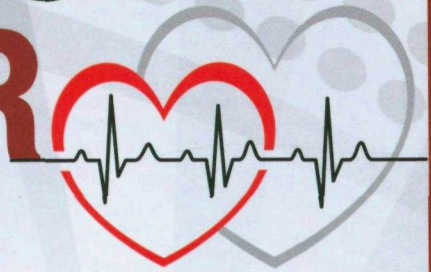


LITERACY in CPR

A Training Handbook
for School Teachers



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Mohd Johar Jaafar

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UiTM Press is a member of
MALAYSIAN SCHOLARLY PUBLISHING COUNCIL



Cataloguing-in-Publication Data

Perpustakaan Negara Malaysia

A catalogue record for this book is available
from the National Library of Malaysia

ISBN 978-629-496-061-9

Cover design : Kamaliah Kamaruddin
Typesetting : Kamaliah Kamaruddin

Printed in Malaysia by: UiTM Printing Centre
College of Creative Arts
Universiti Teknologi MARA
40450, Shah Alam
Selangor

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ACKNOWLEDGEMENT

This training handbook is dedicated to all the school teachers across Malaysia who have contributed their time and effort to support the needs of teaching life-saving techniques and skills to all school students.

The treatment recommendations and related training guidelines included in this handbook were adopted and adapted from the international guidelines and have been reviewed by the respective advisory council, a panel of internationally recognised experts in fields that include emergency medicine, occupational health, sports medicine, school and public health and emergency medical services (EMS). However, additional round of reviews was conducted locally through the selected experts from various fields to ensure its reliability.

We would like to extend their gratitude for the dedication and excellence commitment given which made this handbook possible.

The diagrams in this book are drawn by our illustrator, Nurul Ain Mohd Ilias @ ainILIAS from a vocational teaching institute, who we would also like to extend our gratitude for assisting us in designing and for the helpful suggestions on diagram content matter. The ideas, suggestions and comments has helped us in making this book the product it is.

sudden illnesses, such as heart attack or stroke. The statistics are sobering. For example, ischaemic heart diseases, which occur when arteries of the heart cannot deliver enough oxygen-rich blood to the heart, continued to be the main cause of death in Malaysia last year with a total of 18,267 deaths or 15.6% of total deaths from various causes.

Meanwhile, about 900,000 people in the United States of America die each year from some form of heart disease and more than 300,000 of these deaths are caused by sudden cardiac arrest. Heart disease is the number one cause of death in this country. Given the large number of injuries and sudden illnesses that occur in each year, it is possible that you might have to deal with an emergency someday. If you do, you should know who and when to call, what care to give and how to give that care until emergency medical help takes over.

Chapter 1 discusses your role in the emergency medical services (EMS) system, the purpose of Good Samaritan laws, how to gain consent from an injured or ill person and how to reduce your risk of disease transmission while giving care. In addition, you will read about the emergency action steps, **CHECK—CALL—CARE**, which guide you on how to check and give emergency care for an injured or suddenly ill person. You also will read about the effects of incident stress and how to identify the signals of shock and minimize its effects.

