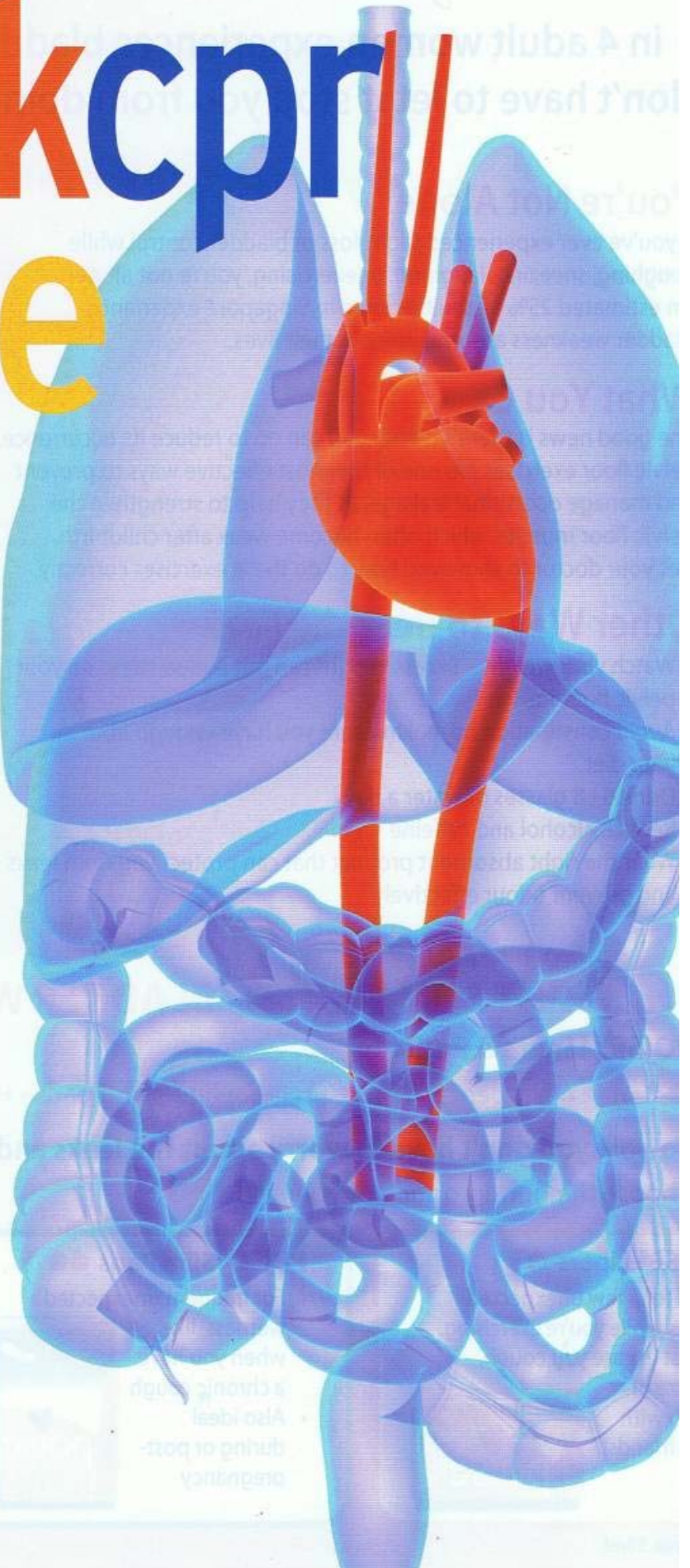


quickcpr guide

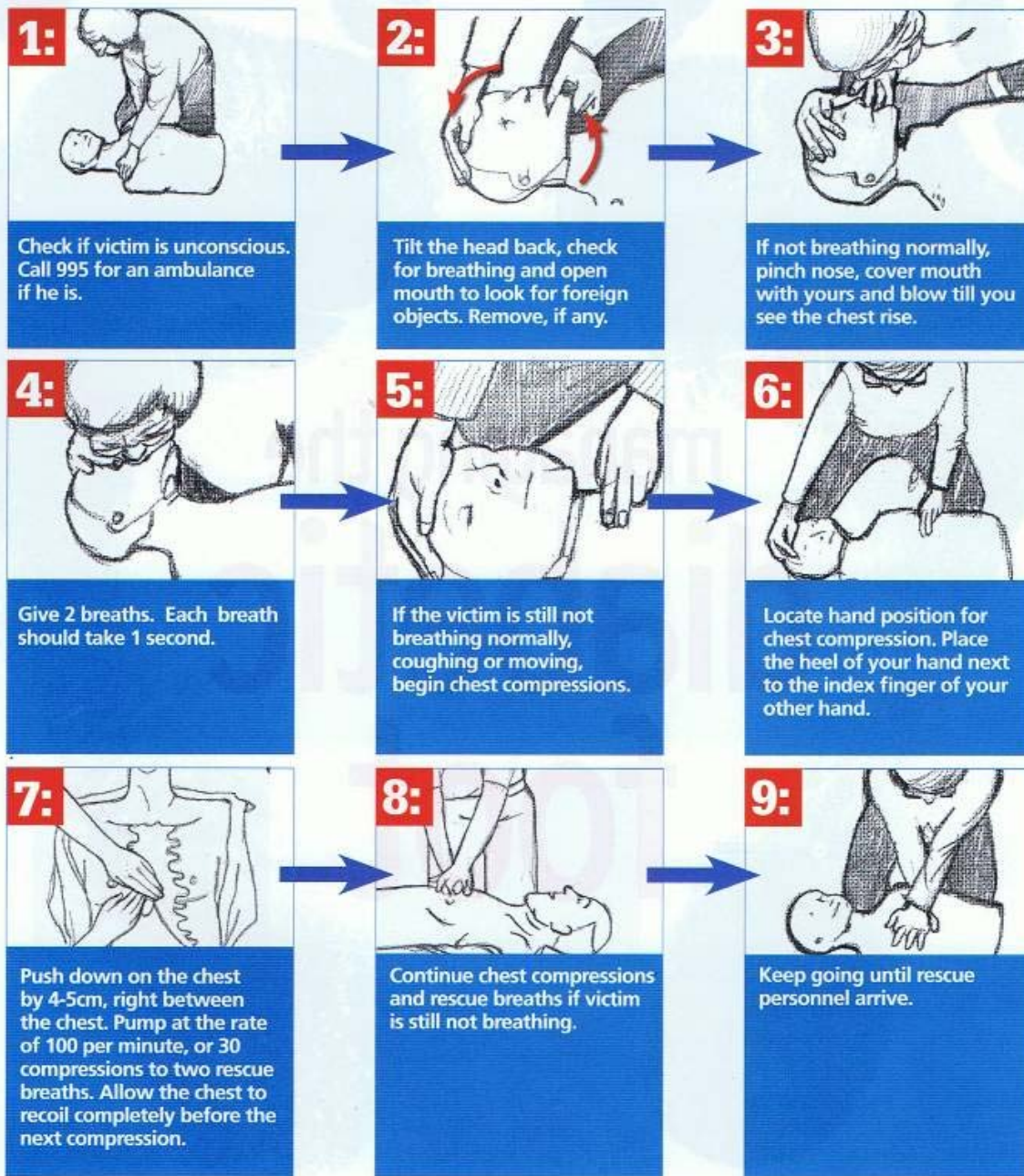
Here's how you could
save a life

According to the Singapore Heart Foundation (SHF), more than 90% of heart attacks occur at home or in public places, where the person nearest at hand tends to be someone with no medical expertise. But if those present are able to provide cardiopulmonary resuscitation (CPR) to the victim promptly, the latter's chances of survival are significantly increased.

source: www.myheart.org.sg



This is because time is of the essence when treating heart attack victims. Once the heart stops beating and blood flow stops, a person will lose consciousness within 15 seconds. Within another 30 to 60 seconds, he will stop breathing, and irreversible damage to his brain cells will follow after several minutes of oxygen deprivation. In view of that, here are 9 important steps that could make all the difference:



CPR COURSES IN SINGAPORE

- Academic Centre and Clinic, 6747 4101
- Alexandra Hospital (Training Centre), 6379 4072 www.alexhosp.com.sg
- Alice Lee Institute of Advanced Nursing (Singapore General Hospital), 6326 6237 www.sgh.com.sg
- Changi General Hospital, 6850 1550 www.cgh.com.sg
- National Heart Centre, 6436 7800 www.nhc.com.sg
- Parkway Hospitals Singapore / Parkway College, 6508 6926 www.parkwayhealth.com
- Singapore Civil Defence Force / Civil Defence Academy, 1 800 280 0000, www.scdf.gov.sg
- Singapore First Aid Training Centre, 6297 8123, www.firstaidtraining.com.sg
- Singapore General Hospital (Life Support Training Centre), 6326 6883/6884 www.sgh.com.sg
- Singapore Medical Association, 6223 1264 www.sma.org.sg
- Singapore Red Cross, 6336 0269 www.redcross.org.sg