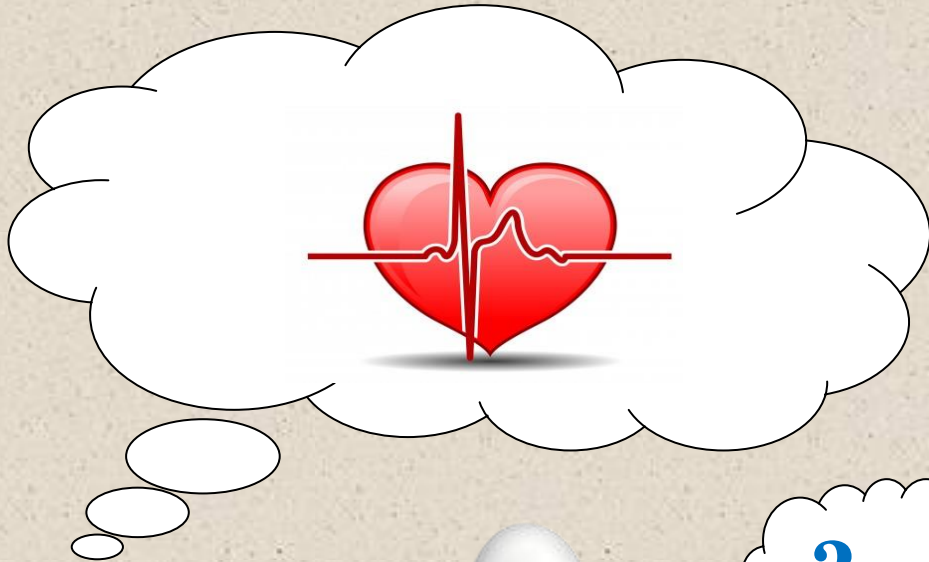


# CPR

What is **CPR**?



**CPR** stands for...

**Cardiopulmonary Resuscitation**

This book will try and help you understand about **CPR**

# CPR



What is CPR?  
What does it  
mean?



If your heart  
stops beating...



CPR will TRY  
and get it  
going again

This will be done by doing some of these things...



Pushing down on your chest lots of times

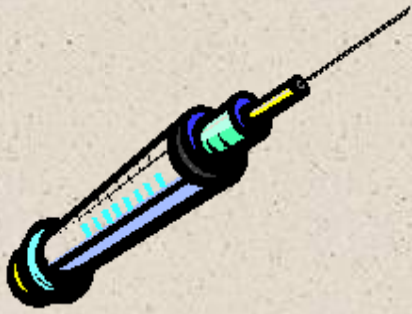


Using a Defibrillator... this is using electric pads on you



Using a mask or tube to help you breathe





Or injections

CPR is only used in an emergency

CPR is only used when your heart has stopped

CPR is separate and different to medical help you already get





This booklet is part of a series of 4 leaflets...

- What is CPR?
- Talking to someone about CPR
- Will CPR work for me?
- Who decides about CPR?

You might want to read these one at a time and in your **own** time

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