

Cardiopulmonary resuscitation (CPR) is a crucial emergency procedure combining lung and heart resuscitation. Cardiac arrest, the abrupt loss of heart function, causes oxygen deprivation to vital organs within minutes, leading to irreversible damage. Ambulance arrival times often exceed the critical six-minute window, highlighting the importance of bystander CPR. For every minute without CPR, survival chances decrease significantly. CPR restores oxygenated blood flow, increasing survival odds. Knowing CPR is a moral responsibility, potentially saving lives and earning significant rewards. CPR involves chest compressions to circulate blood and artificial ventilation to deliver oxygen to the lungs. Symptoms of cardiac arrest and pulmonary dysfunction include unconsciousness, absence of breathing, and lack of pulse. Various factors, including heart disease, respiratory issues, and trauma, can cause cardiopulmonary dysfunction, all requiring similar first aid. Administering CPR involves securing the scene, checking responsiveness, calling for help, and ensuring an open airway. Check for breathing; if absent, provide rescue breaths and check for a pulse. If no pulse, perform chest compressions (15 compressions, 2 breaths) repeatedly until help arrives.