Jaan bachaane ke 3 kadam

DEKHO · BULAO · DABAO

Ise ghar le jaaiye, fridge ya darwaaze par chipkaaiye.

108 Ambulance

112 Emergency

Nazdeeki hospital emergency: _____ *(abhi phone mein save kijiye)*

Ghar ka pata / landmark: _____

KADAM 1 DEKHO: hosh mein hai? saans normal hai?

Pehle apni safety. Gaadi, bijli ka taar, aag? Pehle jagah safe kijiye.

Kandhe hilaaiye, zor se poochhiye: "Aap theek ho? Aankhein kholo!"

10 second seene ko dekhiye. Seena aaram se upar-neeche ho raha hai? Toh saans chal rahi hai.

Haanfna (gasping) saans NAHI hai. Machhli jaisi ruk-ruk ke awaaz = dil ruka hai. Turant CPR.

Nabz (pulse) dhoondhne mein samay mat gavaaiye. Shak ho toh CPR shuru kijiye.

KADAM 2 BULAO: 108 lagaaiye, phone speaker par

Kisi ek ko point karke boliye: "Aap, 108 lagaaiye." Bheed mein har koi doosre ka intezaar karta hai.

Nazdeeki hospital ki emergency bhi call karwaaiye. Ek 108 lagaaye, doosra hospital. Call ke liye CPR mat rokiye.

Phone par bataaiye: pata aur landmark, "behosh hai, saans nahi le raha", umar, aapka number.

Ek aadmi gate ya sadak par khada ho aur ambulance ko raasta dikhaaye. AED ho toh mangwaaiye.

KADAM 3 DABAO: CPR, zor se aur tez, bina ruke

1. **Zameen par seedha litaaiye.** Bistar ya sofa par nahi. Seene ke paas ghutno ke bal baithiye.
2. **Seene ke beech mein haath.** Ek hatheli ka nichla hissa, upar doosra haath, ungliyan phansa lijiye.
3. **Haath seedhe, kandhe haathon ke upar.** Sharir ke vajan se seedha neeche dabaaiye.
4. **5–6 cm andar dabaaiye,** phir seena poora upar aane dijiye.
5. **1 minute mein 100–120 baar.** Yaani har second mein 2 baar. Zor se ginti boliye.
6. **Rukiye mat.** Ambulance aane tak, AED bole tab tak, ya insaan hosh mein aa jaaye. Har 2 minute mein saathi se badliye.

Bachche aur baby: raftaar wahi (100-120), haath chhote

	Bade log	Bachcha (1 saal se bada)	Baby (1 saal se chhota)
Haath	Do haath	Ek haath (zaroorat ho toh do)	Do angoothe, haath peeth ke peeche
Kitna andar	5–6 cm	Lagbhag 5 cm	Lagbhag 4 cm
Saans	Zaroori nahi, sirf dabaaiye	30 dabaav : 2 saans (do trained log: 15 : 2)	30 : 2 chhoti phoonk, muh aur naak par (do trained log: 15 : 2)

AED machine mile toh: on kijiye, jo bole wahi kijiye. Pads nange seene par, tasveer jaisa. Shock ke waqt koi na chhue. Yeh sirf zaroorat ho tabhi shock deti hai.

CHOKING Galay mein kuch atak gaya

Khaans raha hai, bol pa raha hai
Galaa thoda khula hai. Khaansne dijiye, peeth mat maariye. Saath rahiye, dekhte rahiye.

Awaaz band, saans nahi aa rahi
Haath galay par, chehra neela. Agle 5 second mein shuru kijiye.

Bade log aur bachche (1 saal se bade)

5 baar peeth par: aage jhukaaiye, hatheli ke nichle hisse se kandhon ke beech zor se.

5 baar pet par jhatka: peeche khade hokar, mutthi naabhi se thoda upar, andar aur upar ki taraf zor se kheenchiye.

Baari-baari 5 aur 5 karte rahiye jab tak cheez nikal na jaaye.

Behosh ho jaaye: zameen par litaaiye, 108, CPR shuru.

Garbhvati mahila ya bahut bhaari vyakti: pet ki jagah seene par jhatka.

Baby (1 saal se chhota)

Baith jaaiye, baby ko apni baanh par ulta litaaiye, sir chhaati se neeche, jabda haath mein.

5 baar peeth par hatheli se, kandhon ke beech.

Seedha palatiye, 5 baar seene par dabaav: seene ke beech, nipple line ke thoda neeche. Sir neeche hi rakhiye.

Dheela pad jaaye: 108 aur baby CPR.

KABHI NAHI: baby ke pet par jhatka, ulta latkaana, muh mein ungli daalna, paani / doodh / shahad.

Cheez nikal bhi jaaye aur sab theek lage, phir bhi usi din hospital dikhaaiye.

KARVAT Behosh hai, par saans chal rahi hai

Paas waali baanh seedhe kone (90°) par, hatheli upar.

Door waala haath uske apne gaal ke neeche rakhiye, pakde rahiye.

Door waala ghutna mod kar apni taraf kheenchiye, poora sharir karvat le lega.

Sir thoda peeche, muh neeche ki taraf taaki ulti bahar aaye, phephdon mein nahi.

Har minute saans dekhiye. Saans ruk jaaye: seedha litaaiye, CPR shuru.

Kab use karein: daura (fit) ruk gaya ho, behoshi se uth na raha ho, nasha ya neend ki dawa. **Gardan ya reedh ki chot** (oonchaai se gira, accident) ho toh mat palatiye, jab tak ulti na ho.

GALAT NUSKHE Yeh samay barbaad karte hain

Muh par paani, pyaaz ya joota sunghaana
Dil inse nahi chalta. Dekho, bulao, dabao.

Bistar ya gaadi mein uthaana
CPR sirf sakht zameen par kaam karta hai.

"Pasli toot jaayegi"
Pasli jud jaati hai, dimaag nahi.

Pehle mandir, dawai ki dukaan ya clinic
Har minute ki deri, bachne ka chance kam.

Madad karne se mat dariye. Road accident mein madad karne waale ko kanoon bachaata hai (Good Samaritan, Motor Vehicles Act dhaara 134A). Naam batana zaroori nahi, hospital aapse paise nahi maang sakta.

Muft tasveer-guide, bina login: emwithdrsumit.com/first-aid-posters

Scan kijiye