

## Procedure Text : Pengetahuan + Keterampilan

Name : \_\_\_\_\_

Class : \_\_\_\_\_

Tariklah garis dari gambar-gambar di sebelah kanan, menyesuaikan langkah-langkah di sebelah kiri !

First, check the scene for factors that could put you in danger, such as traffic, fire, or falling masonry. Next, check the person. Tap their shoulder and shout, "Are you OK?"

If they are not responding, call 911 or ask a bystander to call 911 before performing CPR.



Place the person carefully on their back and kneel beside their chest. Tilt their head back slightly by lifting their chin.

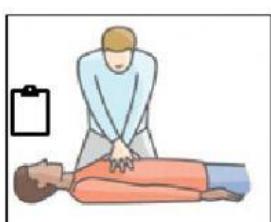


Open their mouth and check for any obstruction, such as food or vomit. Remove any obstruction!

Place your ear next the person's mouth and listen for no more than 10 seconds. If you do not hear breathing, or you only hear occasional gasps, begin CPR.



If someone is unconscious but still breathing, do not perform CPR, place them in the recovery position. Keep monitoring their breathing and perform CPR if they stop breathing.



Place one of your hands on top of the other and clasp them together. With the heel of the hands and straight elbows, push hard and fast in the center of the chest, slightly below the nipples.



Push at least 2 inches deep. Compress their chest at a rate of least 100 times per minute. Let the chest rise fully between compressions.



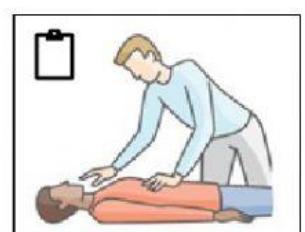
Making sure their mouth is clear, tilt their head back slightly and lift their chin. Pinch their nose shut, place your mouth fully over theirs, and blow to make their chest rise.



If their chest does not rise with the first breath, retilt their head. If their chest still does not rise with a second breath, the person might be choking.



Repeat the cycle of 30 chest compressions and two rescue breaths until the person starts breathing or help arrives. If an AED arrives, carry on performing CPR until the machine is set up and ready to use.



## Pengetahuan

1. What is the best title for the procedure text above ?
  - a. How to help people who sank in the pool
  - b. How to do CPR (Cardio Pulmonary Resuscitation)
  - c. How to call for a help when the victim is unconscious
  - d. How to help people from car accident
2. Why should you check the scenes first ?
  - a. To see if anyone will record you and make you viral
  - b. To ensure people know that you save a person
  - c. To make sure the condition is safe
  - d. To ensure that the conditions around you are dangerous
3. When can't you perform a CPR ?
  - a. When the person is breathing
  - b. When the person is conscious
  - c. When the person is unconscious and not breathing
  - d. When the person is gasping regularly
4. Where should you push your hands to do CPR ?
  - a. With the heel of the hands and straight elbows
  - b. Place one of your hands on top of the other
  - c. Place your ear next the person's mouth and listen for no more than 10 seconds
  - d. in the center of the chest, slightly below the nipples.
5. How do you assume if the person might be choking ?
  - a. When making sure the mouth is clear tilt their head back slightly
  - b. When you pinch the person's nose shut
  - c. When their chest does not rise with the first breath
  - d. When their chest still does not rise with a second breath

