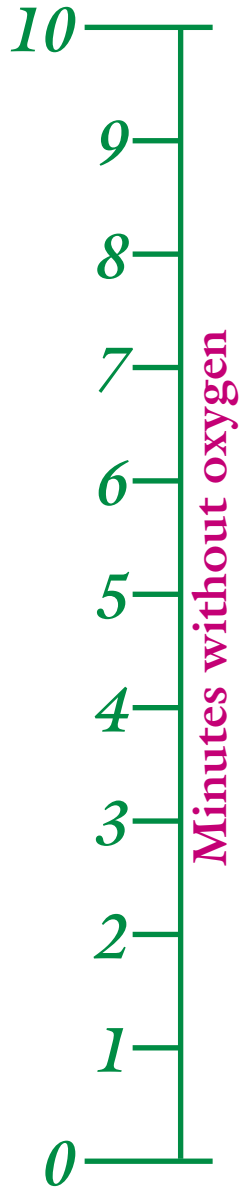




~ Why CPR is worth knowing ~


Mark your guesses below on the left scale:

- When does the brain die without Oxygen?
- At what point does EMS (911) arrive on average?



C
Cardio =  Heart

P
Pulmonary =  Lungs

R
Resuscitation = To Revive  Brain

Aim to do everything with

- A** Akahai
Kindness, expressed with tenderness.
- L** Lōkahi
Unity, expressed with harmony.
- O** 'Olu'olu
Agreeable, expressed with pleasantness.
- H** Ha'aha'a
Humility, expressed with modesty.
- A** Ahonui
Patience, expressed with perseverance.

CPR: "30 pushes ~ 2 wooshes"
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