

## U4C2L2- The First Life-Saving Steps

**Heimlich maneuver** – an upward push to the abdomen given to clear the airway of a person with a complete airway obstruction; procedure used to expel an object lodged in the airway of a choking victim.

**rescue breathing** – the act of forcing air into and out of the lungs of a person by another person.

**Cardiopulmonary resuscitation (CPR)** – an emergency method to keep blood and oxygen flowing through a person whose heart and breathing have stopped.

**cardiac arrest** – the sudden stoppage of the heart.

**stroke** – a reduction of blood flow to a part of the brain.

**automated external defibrillator** – a device used to treat a patient with cardiac arrest whose heart is beating irregularly.