

急救 生死一線間

鼓舞人心的故事 - 您也可以拯救一條生命.





Northwest Center for Public Health Practice

School of Public Health, University of Washington

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一個平常的日子








她突然記起...





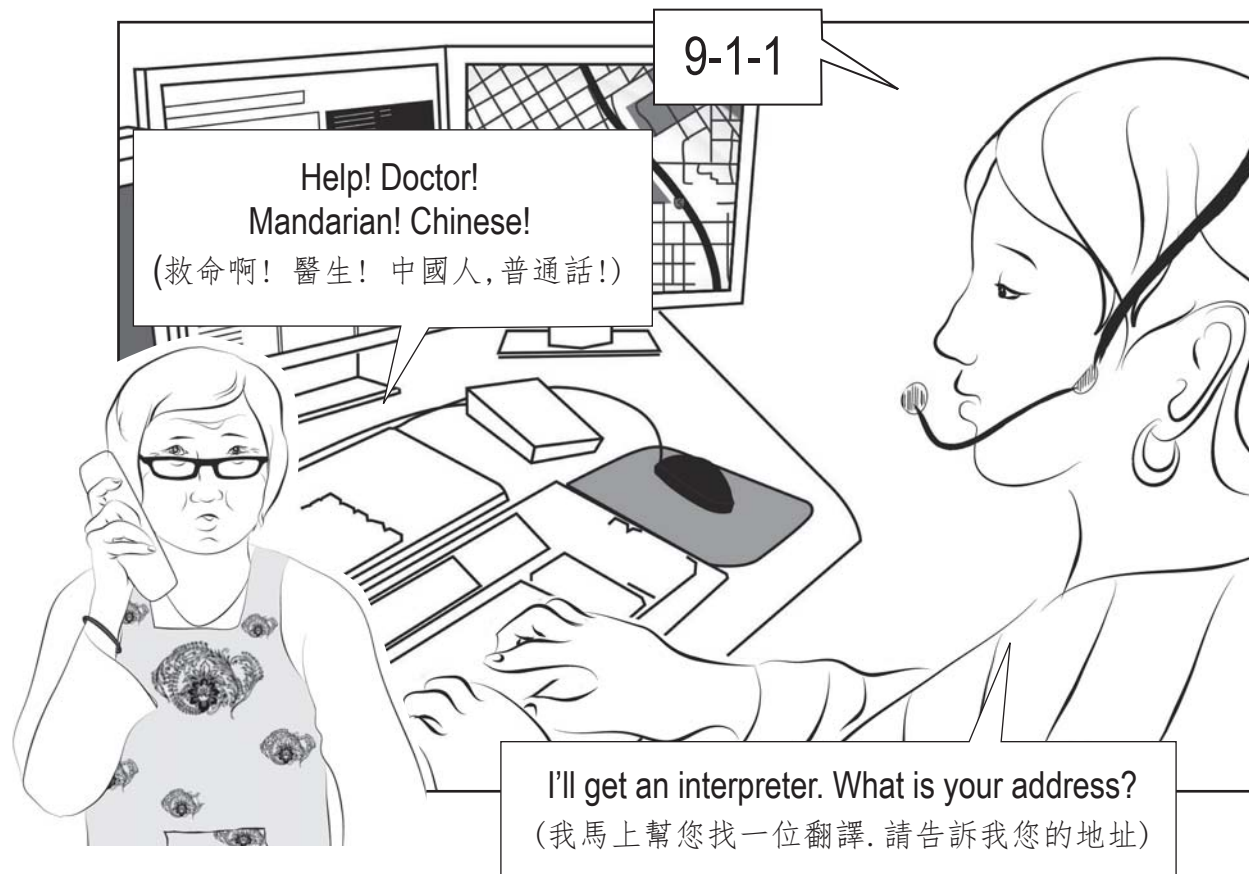
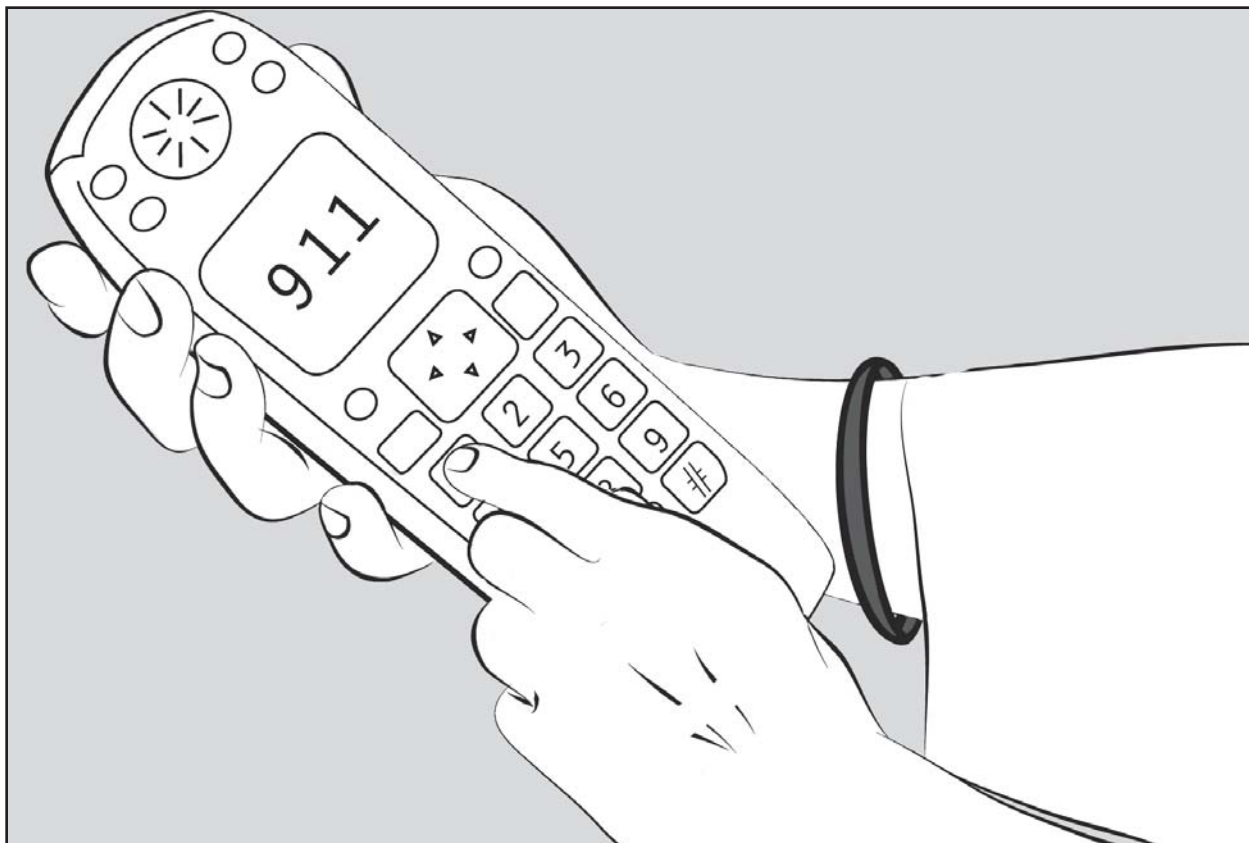
奶奶，在緊急情況下，答應我，你要立即打9-1-1.

但他們不懂
我說什麼啊！

他們是有傳譯員的.

不懂英語的人也可以打啊.
你只要能用英語告訴他們你所說的語言和
地址，他們就可根據地址派救護人員來.

奶奶，要記住哦！

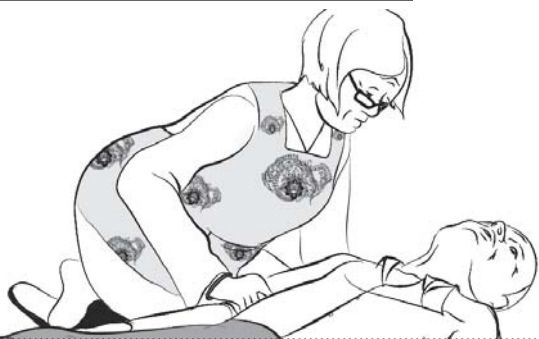








救護車前往途中……



他的心跳已經停止。我們需要給他即時施行急救。刻不容緩，不能等。我會告訴你該怎樣做。首先將他平躺在地上。

將一隻手放在他的胸口兩顆乳頭中間的位置上。



將另一隻手放在之前那隻手之上。

用力按下

雙臂伸直，用盡全力在他的胸口位置用力按下。

放鬆

用力按壓，重覆做，不要停。速度要快 - 1! 2! 3! 4! 5!... 一分鐘內按100次。

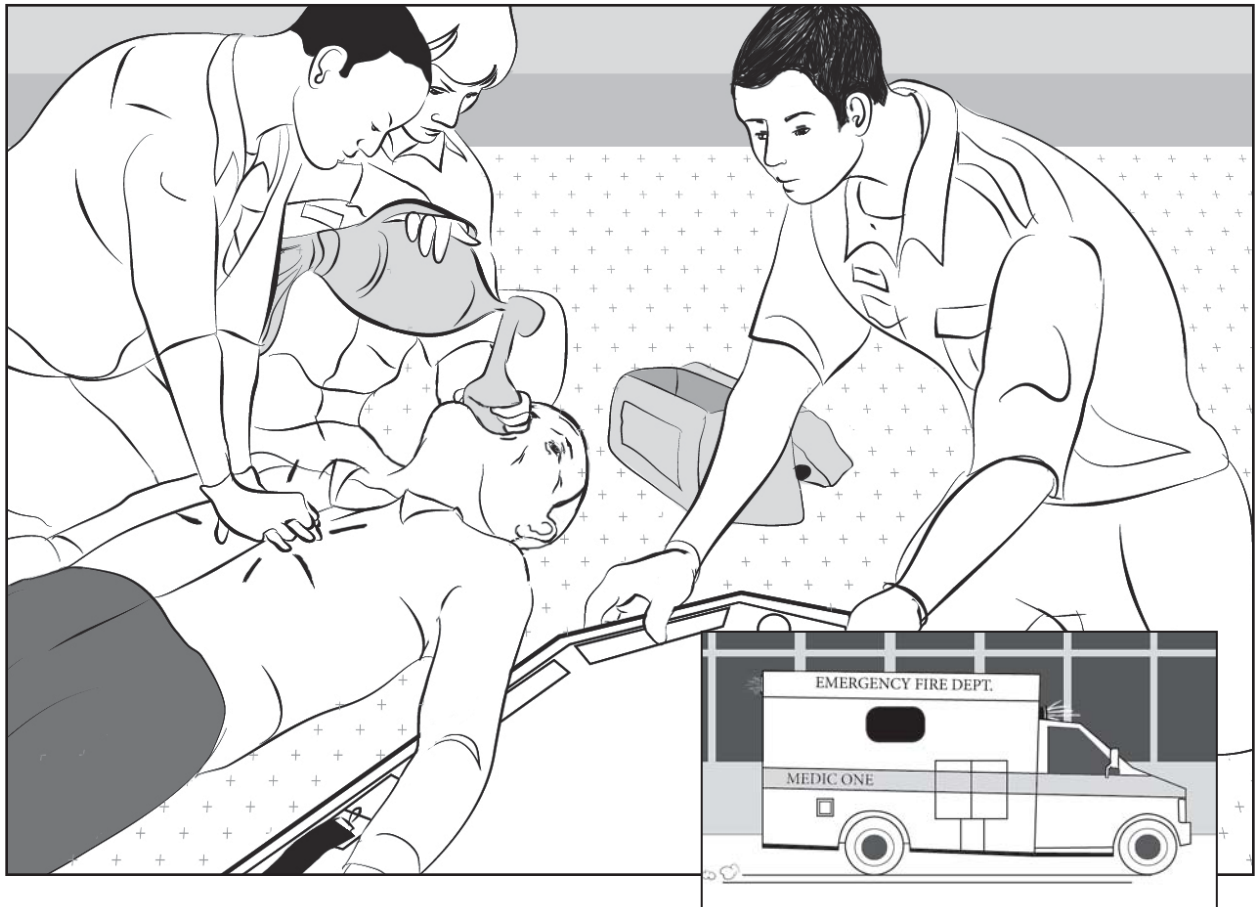
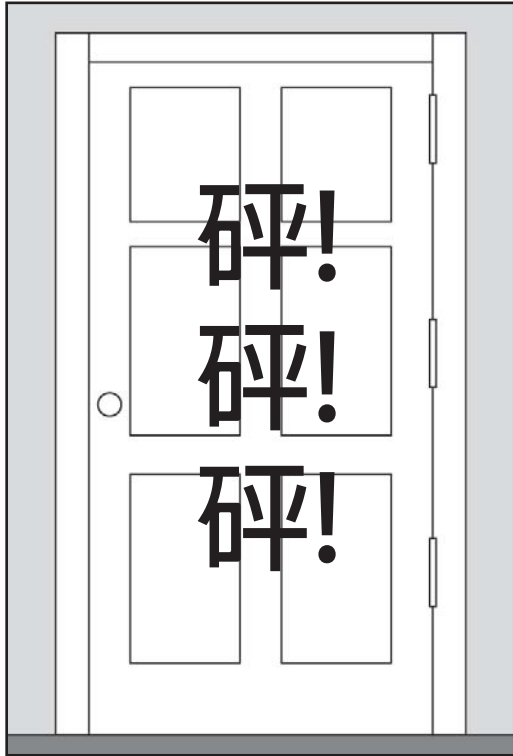
我不想傷到他啊!

你不會傷到他的。你是在幫助他。他現在正需要你的幫助!

你做得很好。繼續做，不要停止按壓!

用力按下

1:03 pm



翌日...醫生與一位傳譯員來到病房。傳譯員傳譯醫生的話。



我真不知道我當時給他
做了些什麼。我又不是醫
生也沒受過這方面的訓練。



做心肺復
甦不需要受
過什麼特別
訓練，但受
過訓練可能
可以給你更
大的信心。



最重要的是 試著去做。
尤其是要 **“用力”** 去按
壓，這點是非常重要的。
你不會傷害到病人，相
反，你只會救活他！



數日後在家中...



心肺復甦法問答

如果用力在他的胸口按壓,會不會傷害到這個人?

病人不會感到任何疼痛, 你不會傷害到他, 相反的, 你只會救他. 假如你不盡力按壓, 心肺復甦法是不會有效的.

我會有麻煩嗎?

不會, 在華盛頓州, 在緊急情況下, 如果您嘗試通過做心肺復甦法去救人, 您會受到法律保護, 而且不會有任何麻煩. 如果你做心肺復甦而病人並沒有存活, 這不會是你的錯.

我需要做口對口呼吸嗎?

不需要. 新的成人心肺復甦法指示 - 只要使用手就可以. 你不需要脫掉那個人的上衣, 你可以隔著衣服做心肺復甦.

為什麼要做心肺復甦? 有用嗎?

當一個人需要做心肺復甦時, 他的心臟已經停止了運作, 不能將血液輸往身體其他各部份. 你在他的胸口正中位置用力及快速地按壓, 便能幫助他的血液循環流動到大腦和身體其他重要器官. 如果不馬上做心肺復甦, 這個人極有可能會死.

我應該等懂得怎麼做心肺復甦的人來嗎?

不需要. 儘快做胸部擠壓是非常重要的. 如果您是唯一的目擊者, 您必須要給病人做心肺復甦. 如果您等待醫療專業人員或受過心肺復甦法訓練的人來做, 能救活這人可能是太晚了. 遲一分鐘便失去一分鐘的救活希望.

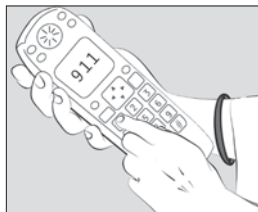
我能做心肺復甦嗎? 它真有作用嗎?

是的, 你可以做心肺復甦! 即使你沒有受過心肺復甦法訓練, 你依然可以做心肺復甦. 任何人都可以做心肺復甦. 9-1-1 會在電話裡教你如何做. 每年有無數的普通公民用心肺復甦法拯救生命.

我很擔心我不會將我的雙手放在正確的位置.

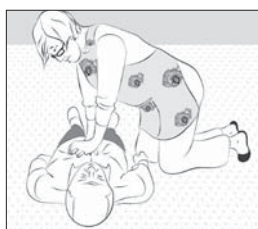
最重要的事情是要儘快做胸部擠壓. 不要擔心位置的完美! 只是把你的雙手放在胸部的兩顆乳頭之間. (不是放在胃部上)

當你單獨與一個昏迷不醒,而且還不能正常地呼吸的人時,你該怎麼辦?



1. 在緊急情況下立即打9-1-1,不要等人來幫你打.

1. 說明您的需要: 警員/消防/醫療 (你可以說醫生,病了,救護車)
2. 用英語說您的地址,當你仍在電話上時,這將幫助 9-1-1 派救護車前來.
3. 如果你需要人翻譯,請用英語說你講的語言是(“普通話”或“粵語”)



2. 立即做心肺復甦:

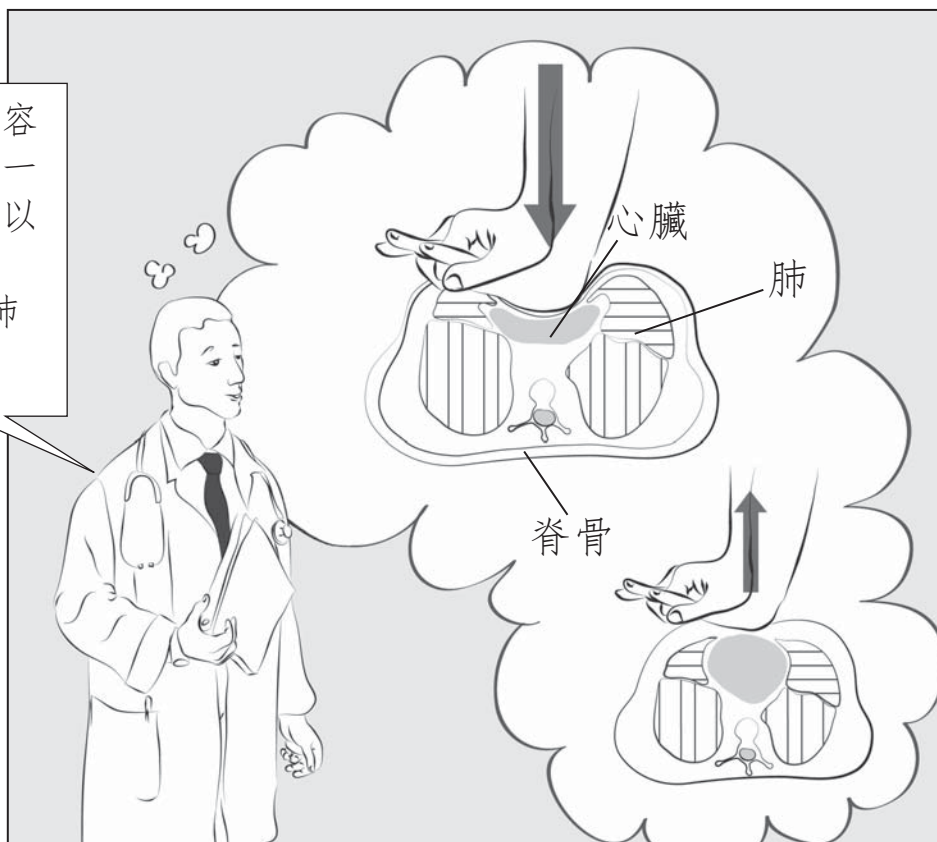
1. 將他平躺在地上
2. 將手放在他的胸口兩顆乳頭中間的位置上. 用盡全力在這位置上下按壓.
3. 快速按壓-目標是一分鐘內按壓100次.
4. 不要停止按壓,直到救援到達.



剪下這,把它放在你的冰箱上或你的錢包裡

施行心肺復甦刻不容緩,遲一分鐘便失去一分鐘的救活希望. 所以我們要在第一時間打911和給病人施行心肺復甦.

有關中文心肺復甦法的詳細資訊,請查看. 美國心臟協會網站- www.heart.org 或者. 上網連結 www.learn CPR.org





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PLACE
POSTAGE
HERE

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剪下這，把它放在你的冰箱上或你的錢包裡

打9-1-1電話:

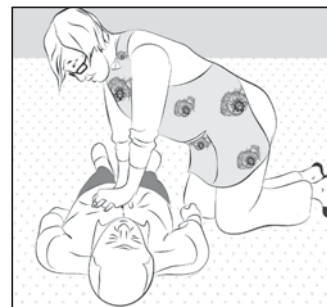
我的住址: _____

讓對方明白這是醫療緊急情況用英語說: 醫生! 生病! 救護車!

如果你需要人翻譯, 請用英語說你講的語言是 “廣東話” 或 “普通話.”

心肺復甦法步驟:

1. 將病人平躺在地上.
2. 將手放在他的胸口兩顆乳頭中間的位置上. 用盡全力在他的胸口位置上下按壓.
3. 快速按壓 - 一分鐘內上下按壓100次.
4. 不要停止按壓, 直到救援到達.



CPR Comic Book Script translated version (English and Simplified Chinese)

Cover/ Page	IMAGE	English version	Chinese version
Cover	Photograph of location in ID – ambulance heading to hospital?	The Rescue	急救 - 生死一线间
1	Grandma in kitchen cooking-setting scene – apartment, Chinese culture (wok, etc.)	It was an ordinary day... [12:59pm]	一个平常的日子
1	Split – noise of broken cup in other room- her look of horror	THUD!	砰!
2	Wiping hands and running into sitting room – shows urgency	---	----
2	Husband on floor awkward position (on side) – she’s standing above him; broken cup next to him; Grandpa’s eyes are open and he’s staring straight ahead...	Oh! No!	啊糟了!
2	By his side – close-up face to face – hers distressed	Grandma saying “Grandpa! Are you okay???”	“爷爷,你怎么了???”
2	Shaking him – no response	“Talk to me! Wake up!”	“跟我说话呀! 醒来呀!”
3	Picks up phone; clock beside phone showing time in minutes	Thought bubbles: What should I do?? Who can help me? [1:00pm]	怎么办呢?? 找谁帮忙呢?
3	Image of grandson with stethoscope & white coat	Then she remembered...Grandson! He’s a doctor!	她突然记起...乖孙! 他是医生!
4	Grandma recalls...	As she recalls...	她突然记起...
5	SETTING CHANGE 9-13: Kitchen table – sweet rolls and tea are out for this special visit; grandmother and grandson are at table	---	---

	Thought intruding – flashback-grandson’s concerned face		
5	Flashback – pats his hand – setting is different to differentiate that this is a flashback	<p>“Grandma, in an emergency promise me you’ll call 9-1-1 yourself. (Grandson)</p> <p>“But they won’t understand me!” (Grandma)</p> <p>“ They have interpreters. You don’t need to speak English to call. They just need to know your language and address in English so they can send help right away. Promise me, Grandma!” (Grandson)</p>	<p>奶奶, 在紧急情况下, 答应我, 你要亲自打 9-1-1.</p> <p>“但他们不懂我说什么啊!”</p> <p>他们是有传译员的. 不懂英语也可以打啊.”</p> <p>你只要能用英语告诉他们你所说的语言和地址, 他们就可根据地址调派救护人员到来.</p> <p>要答应我啊, 奶奶!”</p>
6	Shaking her head ; Worried face; husband still behind her; Finger on the “9”	---	---
6	Split screen: operator and Grandmother	<p>“9-1-1” (Operator)</p> <p>Grandma: “<i>Help! Doctor! Mandarin! Chinese!</i>” (Grandma)</p>	<p>9-1-1</p> <p>“救命啊! 医生! 中国, 普通话!”</p>
6	Image of 911 operator	9-1-1: “ <i>I’ll get an interpreter. What is your address?</i> ”	我马上帮您找一位翻译 请告诉我您的地址
7	Grandma and thought bubble of address/building	Grandma: “ <i>Help! 700 South Lane Street, Apartment 2B, Seattle, WA</i> ” (Grandma)	奶奶: (读她家的住址)
7	Image of 911 operator	9-1-1: “ <i>I’m sending an ambulance now. Please wait for an interpreter.</i> ”	我立刻派一辆救护车到你家
8	Three screens; all with phones – 911 operator with headset, interpreter with headset, grandma with cordless phone (Note: keep flow of this order to show communication; maybe	<p>9-1-1: “<i>Hello, interpreter. Can you ask her what is her emergency</i>” “<i>Hello?</i></p> <p><i>What is the</i></p>	<p>9-1-1: 喂, 传译员. 你可以问她是什么危急情况吗?</p> <p>“喂? 是什么危急情况啊?”</p>

	make their heads turn to show who they are talking to; include arrows.)	<i>emergency?"</i> (In Mandarin - Interpreter) [1:02 pm]	
8	Reverse direction of where they are looking; three panels (as above), arrows	<i>"My husband! I can't wake him up! He's fallen!"</i> (Grandma)	我先生! 我叫不醒他! 他晕倒了!"
9	Grandma's finger under his nose, checking for breath	<i>"Is he breathing normally?"</i>	"他的呼吸是否正常?"
9	Grandma shakes him again	<i>"Is he conscious? Can you wake him up? Can he talk to you?"</i> (Interpreter) <i>"NO! NO! NO!"</i> (Grandma)	"他是否有知觉? 你可以把他叫醒吗? 他可以跟你说话吗?" "不! 不! 不!"
10	Image pulls back to see him flat on his back	The ambulance is on its way... <i>We need to help him right <u>now</u>. We must not wait. I'll tell you what to do. Get him flat on his back on the floor. (Interpreter)</i>	救护车前往途中..... 我们需要给他实时施行急救. 刻不容缓, 不能等. 我会告诉你该怎样做. 首先将他平躺在地上
10	Her hand on his shirt – center of the chest (Note: keep him dressed but in light layers – button up shirt and vest?)	<i>"Place one hand on the center of his chest, between his nipples."</i> (Interpreter)	"将一只手放在他的胸口两颗乳头中间的位置上
10	Two hands on his chest	<i>"Put your other hand over that hand."</i> (Interpreter)	"将另一只手放在之前那只手之上."
11	Pull back – see her on her knees, pushing hard DOWN (Side view so can see straight arms go up and down)	<i>"With straight arms, push up and down as hard as you can, just like you're pumping his chest."</i>	双臂伸直, 用尽全力在他的胸口位置上下按压."

		(Interpreter) Push down! Let up!	按下 放松
11	Pull back – see her on her knees, recoil (up)	<i>“Push hard, over and over. Don’t stop. Do it fast – 1! 2! 3! 4! 5! ...you want to do 100 pushes in a minute.”</i> (Interpreter)	“用力按压, 重复做, 不要停. 速度要快 – 1! 2! 3! 4! 5!... 目标是一分钟内按 100 次.”
11	She’s pushing hard – a few drops of sweat	<i>“I don’t want to hurt him!”</i> (Grandma) <i>“You won’t hurt him. You can only help him. He needs your help right now!”</i> (Interpreter)	“我不想伤到他啊!” “你不会伤到他的. 你是在帮助他. 他现在正需要你的帮助!
11	Image of the clock – 2 or 3 minutes have passed	<i>“You’re doing a great job. Keep going and don’t stop pushing!”</i> (Interpreter)	“你做得很好. 继续做, 不要停止按压!”
12	Image of door	BOOM! BOOM!	砰! 砰! 砰!
12	Image of her opening door – her back is to us, see the EMTs EMTs surrounding husband – we see medicine (syringes) and also defibrillator box/pads Ambulance zooming along	---	---
13	Grandpa awake in hospital bed (IV, monitors), Grandma by his side	The next day...	翌日...
13	Doctor (white coat/stethoscope) and interpreter in room – (Doctor and interpreter both looking at grandma) Position: Interpreter, doctor, bed with grandpa, grandma on other	The doctor arrives with an interpreter who translates his (the doctor’s) words Doctor addresses	医生与一位传译员来到病房. 传译员传译医生的话. 医生说: “你用心肺复苏法

	side of bed	<p>Grandma and interpreter says “<i>You saved your husband’s life by doing CPR.</i>” (Doctor)</p> <p>“<i>What is CPR?</i>” (Grandma)</p>	<p>救了你的丈夫</p> <p>“心肺复苏法究竟是什么?”</p>
13	Close up of doctor’s face.	<p>“<i>CPR is when you do the work of the heart. Your husband’s heart had stopped working – it was no longer pumping blood in his body.</i>” (Doctor)</p>	<p>“心肺复苏即是用人工帮助心脏运作.你丈夫当时的心脏已停止了运作 – 不能将血液输往身体其他各部份.”</p>
13	Doctor’s finger pointing to poster – see poster showing how hands pushing on chest make blood flow	<p>“<i>We need circulation to live.</i>” (Doctor)</p>	<p>“我们活命是需要血液在体内循环的.”</p>
13	Image of hands releasing (recoil) (Close-up of poster)	<p>“When you pushed hard and fast on the center of your husband’s chest, you kept blood circulating in his body. This is very important.”</p> <p>Heart ,Lung, Spine (Diagram shown position)</p> <p>Push as hard as you can; off your hand but remain on the chest</p>	<p>“你在病人的胸口正中位置用力及快速地按压, 便能帮助他的血液继续在体内循环流动. 这点是很重要的.”</p> <p>心脏, 肺, 脊骨</p> <p>用尽全力按压; 松开但手不要离开胸部</p>
13	Close up of doctor’s face	<p>“Every minute that passes without CPR takes away hope that the person will survive. That is why you need to call 911 immediately and start CPR right away.” (Doctor)</p>	<p>施行心肺复苏刻不容缓, 迟一分钟便失去一分钟的救活希望. 所以我们要在第一时间打 911 和给病人尽快施行心肺复苏.”</p>
13		<p>Push 100 times up and down in a minute (between their</p>	<p>以每分钟 100 次的速度在他的胸口 (两颗乳头中</p>

		nipples).	间) 上下按压.
14	Wife's face close up – expression of concern	"I didn't know what I was doing. I am not a doctor. I don't have this training." (Grandma)	"我真不知道我当时给他做了些什么. 我又不是医生也没受过这方面的训练."
14	Doctor handing flyer to grandma about CPR class	"You don't need to have special training to do CPR- although taking a class might give you more confidence. (Doctor)	做心肺复苏不需要受过什么特别训练 – 但受过训练可能可以给你更大的信心
14	Grandpa smiles from his hospital bed.	"The important thing is to try. Pushing as hard as you can is really important. You won't hurt them and you may save their life!" (Doctor)	最重要的是 试着去做. 尤其是要"用力"去按压,这点是非常重要的. 你不会伤害到病人, 相反, 你只会救活他!"
15	Grandpa, Grandson at kitchen table. Grandma cooking.	Back at home a few days later.... "How are you feeling, grandpa?" (Grandson) "A little weak but your grandmother's cooking is getting me better" (Grandpa)	数日后在家中.... "爷爷, 你觉得怎样啦?" "有点虚弱, 但吃了你奶奶给我弄的菜, 好多了"
15	Grandson gets up to help put dishes on table	"I'm so proud of you, grandma." (Grandson)	"奶奶, 我实在以你为傲啊."
15	Grandmother puts food on table	"I still can't believe it all happened. I was so scared. I almost called you but then I remembered you said it was important to call 9-1-1 myself in an emergency." (Grandma)	"我仍然不敢相信当日所发生的事. 我当时多害怕. 我正想打电话找你,但我记得你说过危急时一定要亲自立立即打 911."

15	Close up of grandmother's face	"I was so afraid they wouldn't understand me but they were so polite and helpful." (Grandma)	"我当时还害怕他们不会明白我说什么,但他们原来是挺有礼貌和很帮忙的啊."
15	Wider scene – see all three of them at table ready to eat a feast	"I'm so grateful for our good fortunes." (Grandma)	"对于我们这次的幸运,我真的感恩."
16	CPR Q & A	Q: <i>Will it hurt the person if I push hard on his chest?</i> A: The person won't feel any pain. You cannot hurt them – you can only help them. If you don't push hard enough, CPR won't work as well.	如果用力在他的胸口按压,会不会伤害到这个人? 病人不会感到任何疼痛,你不会伤害到他, 相反的,你只会救他. 假如你按压不够用力,心肺复苏法不会有效.
16		Q: <i>Can I get in trouble ?</i> A: No, in Washington State, if you try to help in an emergency by doing CPR, you are protected by the law and cannot get in any trouble. It is not your fault if you do CPR and the person does not live.	我会有麻烦吗? 不会,在华盛顿州,在紧急情况下,如果您尝试通过做心肺复苏法去救人,您会受到法律保护而且不会有任何麻烦. 这不是你的错,如果你做心肺复苏而病人并没有活.
16		Q: Do I need to breathe into their mouth? A: No. The new adult CPR instructions use hands-only. You can do CPR over a person's clothes.	我需要做口对口呼吸吗? 不需要. 新的成人心肺复苏法指示 - 只要使用手就可以. 你不需要脱掉病人的上衣,

			你可以隔着衣服对病人做心肺复苏
16		<p>Q: Why does CPR help?</p> <p>A: When a person needs CPR, their heart is not pumping blood. By pushing very hard on the center of their chest, you do the work of the heart. Pushing hard helps circulate vital blood to the brain and other important organs. If this doesn't happen right away, they will certainly die.</p>	<p>为什么要做心肺复苏? 有用吗?</p> <p>当一个人需要做心肺复苏时, 通常他们的心脏已停止了运作, 不能将血液输往身体其他各部份.</p> <p>你在病人的胸口正中位置用力及快速地按压, 便能帮助他的血液循环流动到大脑和身体其他重要器官.</p> <p>如果不马上做心肺复苏, 病人很可能会死</p>
16		<p>Q: Should I wait for someone else who knows what they're doing to help?</p> <p>A: No! Doing chest compressions <u>as soon as possible</u> is very important. If you are the only person around, YOU need to do CPR. If you wait for medical professionals or someone trained in CPR, it may be too late to save the person. Every minute that a goes by without CPR makes it much more likely that they will not live.</p>	<p>我应该等知道怎么做心肺复苏的人来做吗?</p> <p>不需要. 尽快做胸部挤压是非常重要的.</p> <p>如果您是唯一一个在病人周围的人, 您必须要给病人做心肺复苏.</p> <p>如果您等待医疗专业人员或受过心肺复苏法训练的人在来做, 救活病人可能是太晚了.</p> <p>迟一分钟便失去一分钟的救活希望.</p>
16		<p>Q: Can I do CPR? Will it make really make a difference?</p>	<p>我能做心肺复苏吗? 它真有用吗?</p>

		<p>A: Yes, you can do CPR! You don't need training to do CPR; anyone can do CPR. 911 will give you instructions over the phone. Every year thousands of ordinary citizens save lives by doing CPR.</p>	<p>是的,你可以做心肺复苏 ! 你不需要培训做心肺复苏 ; 任何人都可以做心肺复苏. 9-1-1 会在电话里教你如何 做. 每年有成千上万的普通公民用心肺复苏法拯救生命</p>
16		<p>Q: What is the correct position? I am afraid of placing my hands incorrectly.</p> <p>Most important is to start CPR early. Don't worry. 2. Put your hands in the center of their chest, between their nipples. (Not on the stomach)</p>	<p>我很担心我不会将我的双手放在正确的位置</p> <p>最重要的事情是要尽快做胸部挤压 , 不要担心位置的完美 ! 只是把你的双手放在胸部的两颗乳头之间 (不是放在胃部上)</p>
17		<p>What should you do when you can't wake a person and they aren't breathing normally?</p>	<p>当你单独与一个昏迷不醒, 而且还不能正常地呼吸的人时, 你该怎么办 ?</p>
17		<p>1. Call 9-1-1 YOURSELF immediately in an emergency. Don't wait to find someone to call for you.</p>	<p>在紧急情况下立即打 9-1-1 电话,不要等人来帮你打.</p>
17		<p>1.1. Tell them your needs such as "Police, Fire , Medical" (or you can say "doctor, sick, ambulance"</p> <p>1.2. Say your address in English. This will help 911 send an ambulance while you are on the phone.</p> <p>1.3. if you need interpreter, say</p>	<p>1.1. 和英语的单字 "医生" 或 "生病" ; 让 9-1-1 明白这是医疗紧急情况.</p> <p>1.2. 用英语说您的地址,当你在电话上时,这将帮助 9-1-1 派救护车到你的住处.</p> <p>1.3. 如果你要人翻译 , 请</p>

		“Mandarin” or “Cantonese” in English	用英语说你讲的语言是 (“普通话”或“粤语”)
17		<p>2. Do CPR as soon as possible:</p> <p>2.1. Lay the person flat on their back.</p> <p>2.2. Put your hands in the center of their chest (between their nipples) and push up and down <u>as hard as you can</u>.</p> <p>2.3. Push fast – 100 times up and down a minute.</p> <p>2.4. Don’t stop until help arrives</p>	<p>2. 尽快做心肺复苏</p> <p>2.1. 将他平躺在地上</p> <p>2.2. 将手放在他的胸口两颗乳头中间的位置上, 用尽全力在他的胸口位置上下按压.</p> <p>2.3. 快速按压-目标是一分钟内按压 100 次</p> <p>2.4. 不要停止按压, 直到救援到达.</p>
17		<p><i>“Every minute that passes without CPR takes away hope that the person will survive. That is why you need to call 911 immediately and start CPR right away.”</i> (Doctor)</p>	<p>施行心肺复苏刻不容缓, 迟一分钟便失去一分钟的救活希望. 所以我们要在第一时间打 911 和给病人尽快施行心肺复苏.”</p>
17		<p><i>For more information in the Chinese language about CPR, go to the American Heart Association or to Learn CPR.org.</i></p>	<p>有关中文心肺复苏法的详细信息, 请至美国心脏协会网站或者 上网连结 www.learncpr.org</p>
18		<p><i>Calling 9-1-1: My address:</i> _____</p> <p><i>For medical emergencies say: Doctor! Sick! Ambulance!</i></p>	<p>打 9-1-1 电话 我的住址: _____ 让对方明白这是医疗紧急情况用英语说: 医生! 生病! 救护车!</p>

		<p><i>Say "Cantonese" or "Mandarin" if you want an interpreter</i></p> <p><i>CPR steps:</i></p> <ol style="list-style-type: none"> <i>1. Lay the person flat on their back</i> <i>2. Put your hands in the center of their chest (between their nipples) and push up and down as hard as you can.</i> <i>3. Push fast – 100 times up and down a minute.</i> <i>4. Don't stop until help arrives</i> 	<p>如果你要人翻译，请用英语说你讲的语言是“广东话”或“普通话”</p> <p>心肺复苏法步骤：</p> <ol style="list-style-type: none"> 1. 将病人平躺在地上 2. 将手放在他的胸口两颗乳头中间的位置上, 用尽全力在他的胸口位置上下按压. 3. 快速按压 - 一分钟内上下按压 100 次 4. 不要停止按压, 直到救援到达.
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