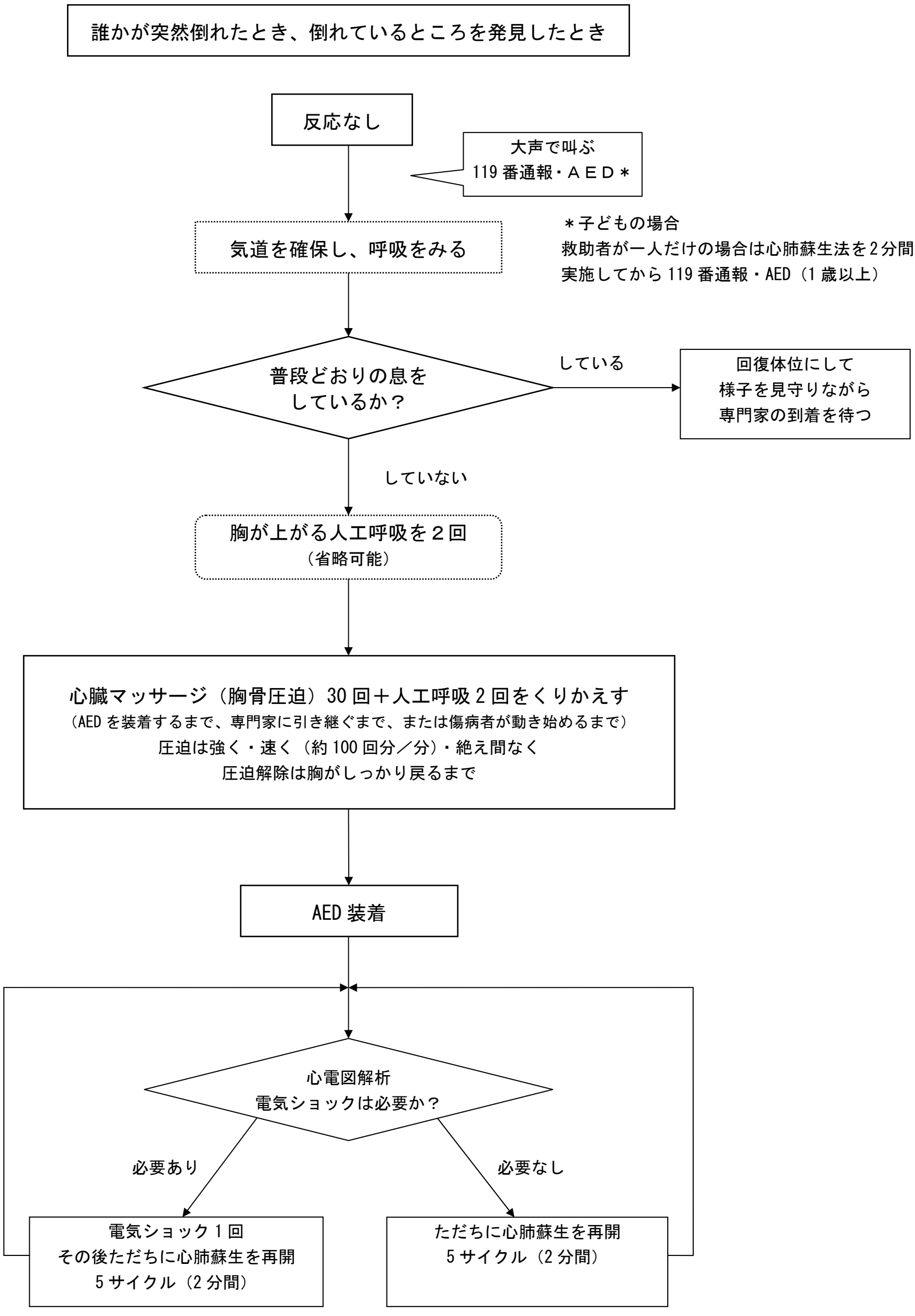主に一般市民の方が行う一次救命処置の手順