

A guide on how to save a life

CPR



Step-by-step

Performing CPR while waiting for medical help can greatly increase a person's chance of survival from cardiac arrest.

1 Call for Help:

- Check for hazards
- Call 911
- Get an AED

3 30 Compressions:

- 2-2.5 inches in depth
- 100-120 compressions/minute
- Be prepared to break ribs

5 2 Breaths:

- Each breath should take approximately 1 second
- Watch for the chest to rise, let it fall. Repeat.

2 Position your hands:

- 2 fingers on the sternum
- Position one hand above your fingers
- Place hand over hand in the centre of the chest

4 Position their head:

- Apply a facial barrier if you have one
- Tilt the head back and open the airway
- Plug the nose

6 Repeat 30/2 until:

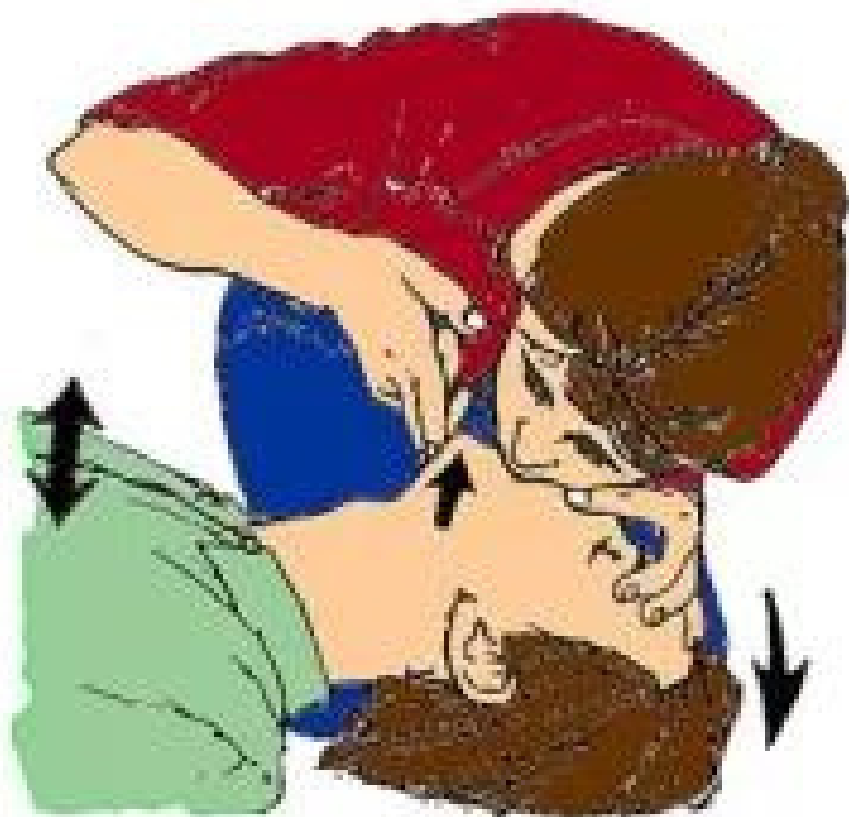
- Their heart starts beating
- EMT's have arrived
- You physically cannot perform CPR anymore

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Adults & Children



A casualty who is unresponsive and not breathing normally needs urgent resuscitation

A

AIRWAY

Open airway, Head tilt/Chin Lift

B

BREATHING

Check breathing, if not breathing / abnormal breathing commence CPR

C

CPR

30 compressions : 2 breaths
(if unwilling or unable to do breaths, consider doing chest compressions only)

D

**DEFIBRILLATOR
(AED)**

Attach AED as soon as available and follow its prompts

Infants Under 12 months



Continue sequence until responsiveness or normal breathing returns, or help arrives