

A GUIDE TO CARDIOPULMONARY RESUSCITATION OF ADULTS

CPR

- 1 CHECK SCENE IS SAFE**

Make sure it is safe to approach.
DO NOT move person unless necessary
- 2 CHECK FOR RESPONSE**

Is the person conscious?
Call their name/ask can they hear you.
Call for help if others nearby
- 3 CALL 999 or 112**

If the person is not responsive, call **999** or **112**. Get help from others nearby to call ambulance and locate **AED**
- 4 CHECK AIRWAY**

Clear person's mouth of any obvious obstruction. Tilt head and lift chin to **open airway** (be careful of potential neck injury)
- 5 CHECK BREATHING**

Look for chest movement/feel for breath on your cheek. If breathing, put person in recovery position. If not, start **CPR**
- 6 CPR**

Position heel of hand on top of other.
Interlock fingers.
Place hands in centre of chest.
Press down – 30 compressions; rate 100-120/min.

Tilt head back, pinch nose shut.
Give 2 breaths – 1 second each.

Repeat until signs of life, arrival of AED or ambulance
- 7 USE AED**

Turn on AED, apply pads and follow instructions. Stay clear of person and press shock button if instructed by AED
- 8 CONTINUE CPR**

Follow instructions of AED and continue CPR when instructed until arrival of **ambulance**.

