

CPR Chart



- 1** Tap and shout
- 2** Yell for help. Send someone to phone 999/112 and get an AED
- 3** Look for no breathing



C

compressions

Push chest hard and fast
Give 30 compressions



a

airway

Open airway with a
head tilt chin lift



b

breathing

Give 2 breaths

Repeat sets of
30 compressions and 2 breaths

When the AED arrives, turn on and follow the prompts



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