

HOW TO PERFORM CPR

Simple technique can save a life

FIRST AID STEPS

Follow step-by-step guide to learn what to do when a casualty is unresponsive



1 Check the casualty's response – gently shake his shoulders and ask him/her if he/she can hear you.



2 If there is no response from him/her – open the casualty's airway and check for breathing – tilt his head back and lift his/her chin to open his airway. Put your face down near the casualty's face and look, listen and feel for normal breathing.



3 If the casualty is not breathing normally or not at all – shout for help, ask someone to **call 999/112 for an ambulance** and to fetch an AED (Automated External Defibrillator) if possible. If you are on your own, call the ambulance yourself.



4 Begin CPR by giving 30 chest compressions by clasping your hands together and placing them in the centre of the casualty's chest and compressing it between 5-6cm at a rate of 100-120 compressions per minute.



5 Once you have delivered 30 compressions, give the casualty two rescue breaths. Open his/her airway by tilting his head back and putting two fingers of one of your hands on the tip of his chin and with two fingers of your other hand pinch his nostrils closed. Take a breath and put your lips over the casualty's mouth and breathe into it. A rescue breath should last about a second and you should see the casualty's chest rise if it has been effective. Give a second breath.



6 Don't worry if you haven't had any training in CPR or you are unwilling to give rescue breaths. Delivering only chest compressions is preferable to doing nothing. Keep alternating between 30 chest compressions and two rescue breaths until the casualty shows signs of becoming responsive or you become too exhausted to continue.

HOW TO USE AN AUTOMATED EXTERNAL DEFIBRILLATOR



1. Switch on AED and take pads out of sealed pack. Remove clothing and wipe away sweat if necessary.



2. Remove backing paper and place pad on casualty's chest in the position indicated.



3. Place the second pad just below their armpit. The AED will start analysing the heart rhythm.



4. Follow the voice and/or visual prompts given by the machine.