

CPR

CPR (Cardio Pulmonary Resuscitation) is used when the heart stops beating and breathing has stopped. It keeps blood and oxygen circulating to the brain and vital organs until medical help arrives. These are the steps to perform CPR correctly in an emergency.



Important Actions!

Adult, Child & Infant CPR



There are important differences when delivering CPR to adults, children and infants. It is essential to learn the correct techniques to protect the casualty and ensure CPR is effective.

Protective Shields



To reduce the risk of cross-contamination during rescue breaths, a range of protective shields and masks can be used. These barrier devices greatly lower the chance of infection transfer.

Call An Ambulance!



You need to call an ambulance immediately. If you have a bystander to assist, get them to call while you start. If not, make the call, turn on the speaker, and start CPR whilst talking to the operator.

CPR Techniques On An Adult

First Steps

The area must be safe before you can help.

Check if the casualty is responsive.

If not, open the airway, check for breathing.

If not breathing, call for help and start CPR.



Chest Compressions

Push down hard and fast in the centre of the chest with straight arms, releasing fully between compressions.

Deliver 30 compressions at a rate of 2 per second, pressing down approx. 5cms deep.



Rescue Breaths

After 30 chest compressions open the airway using head tilt and chin lift.

Hold their nose, cover their mouth with yours and blow steadily. Give 2 breaths.

Watch for their chest to rise and fall after each breath. If not, tilt their head back more.



Repeat The Cycle 30:2

Repeat 30 compressions and 2 breaths until:

- A health professional tells you to stop
- The casualty shows signs of waking up
- You are too exhausted to continue

If you are unable to give rescue breaths for any reason, continue with compressions only



An AED (Automated External Defibrillator) is needed to shock the heart back into rhythm. Ensure you ask the ambulance to bring one with them when you call for help.

DISCLAIMER: The information in this poster is not a substitute for proper First Aid Training.

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