

Cardiopulmonary Resuscitation

CPR



LIFE SAVER STEPS

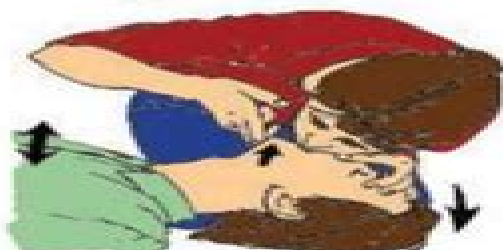
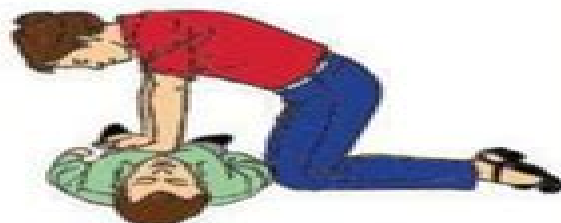
HOW TO DO

D

DANGER

Check for hazards & ensure safety

Adults & Children



R

RESPONSE

Check to see if Unresponsive/Unconscious

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)

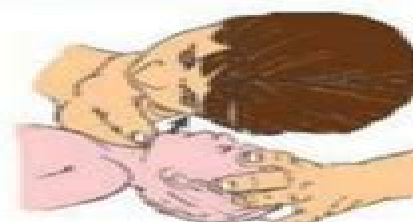
Attach AED as soon as available and follow its prompts

S

SEND FOR HELP

Call the ambulance on 000

Infants Under 12 months



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

	HEAD TILT	PRESSURE	DEPTH	BREATHS	RATIO	COMPRESSION RATE
ADULTS & CHILDREN	Yes	2 Hands	1/2 chest depth (Approx 5 cm)	Full breaths	30 Compressions: 2 Breaths	Compressions should be performed at the rate of almost 2 per second (i.e. continuous rate of 100 per minute)
INFANT (over 1)	No	2 Fingers	1/2 chest depth (Approx 4 cm)	Puffs	30 Compressions: 2 Breaths	

Cpr Manual

VM Jensen



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