

# Cardiopulmonary Resuscitation

# CPR



# LIFE SAVER STEPS

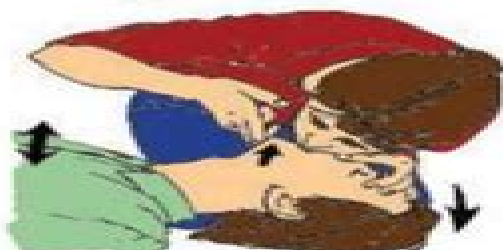
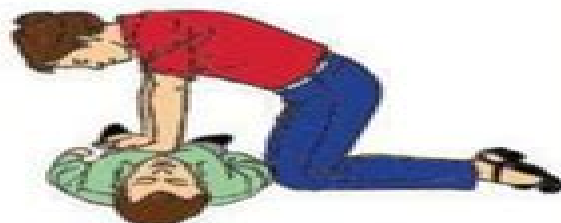
## HOW TO DO

### 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)

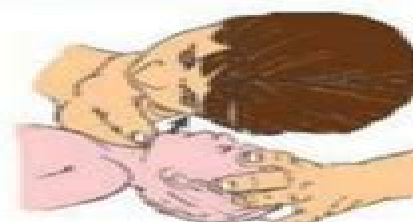
Attach AED as soon as available and follow its prompts

### 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

**SJ Ball**



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