

NOTE

CPR is given to a casualty when there are no signs of life – not breathing, not responding and not moving

Compressions should be performed with the casualty on a firm surface. For an infant under one year, this is best done on a table or similar surface.

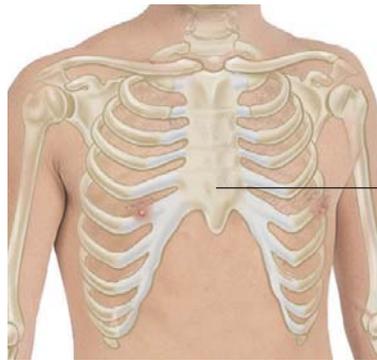
During CPR (combining chest compressions with rescue breathing), you would expect to achieve 5 sets of 30 compressions and 2 breaths (30:2) in about 2 minutes.

CPR (CARDIOPULMONARY RESUSCITATION)

ADULT / CHILD (over 1 year)

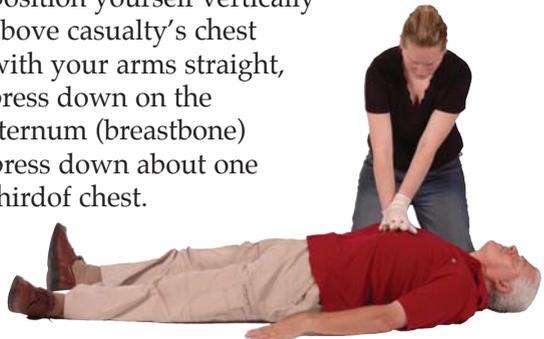
1 Giving compressions:

- kneel beside casualty, one knee level with head and the other with casualty's chest
- locate lower half of sternum (breastbone) in the centre of chest



compression position

- place heel of hand on lower half of sternum (breastbone) and place heel of other hand on top of first
- interlock fingers of both hands and raise fingers
- do not apply pressure over casualty's ribs, upper abdomen or bottom part of sternum
- position yourself vertically above casualty's chest
- with your arms straight, press down on the sternum (breastbone)
- press down about one third of chest.



NOTE

When to stop CPR:

- if the casualty shows signs of life
- if more qualified help arrives
- you are physically unable to continue

If the casualty shows signs of life—but is unconscious:

- turn onto side into the recovery position
- continually check the casualty's condition until medical aid arrives (call for help if not already done)
- manage any injuries and shock
- be ready to turn onto back and start CPR if necessary.

INFANT (under 1 year)

- place two fingers (index and middle) over lower half of sternum (breastbone)
- press down about one third of chest.



2 Release the pressure:

- compressions and release should take equal amounts of time.

3 Repeat compressions:

- give 30 compressions at a rate of approximately 100 per minute.

4 Giving breaths:

- tilt head and lift chin (slightly for infants)
- give 2 breaths (*see p. 10*).



5 Continue CPR:

- return hands (fingers for infants) to correct position on chest
- continue compressions and breaths at a ratio of 30:2 until medical aid arrives.