



# CPR

Cardiopulmonary Resuscitation

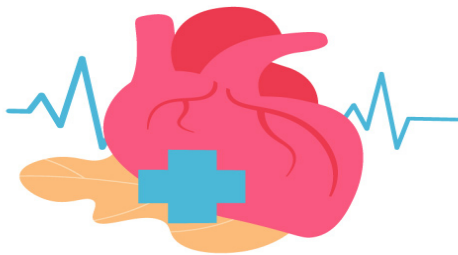
Check breathing. If the casualty is not breathing begin CPR.

- ◆ Make sure casualty is on a firm flat surface.
- ◆ For a child, place hands on centre of chest.
- ◆ Position shoulders directly over hands and keep elbows locked.
- ◆ Compress 30 times. Push hard – Push fast
- ◆ Make a tight seal over mouth and nose of an infant (under 1 year). Pinch the nose of a child (1–8 years) and make a tight seal over the mouth.
- ◆ Give 2 breaths.
- ◆ Continue cycles of 30 compressions and 2 breaths until help arrives or an AED is available.

PLACE HANDS ON  
CENTER OF CHEST  
PRESS DOWN FIRMLY  
30 TIMES, PUSH  
HARD – PUSH FAST

TILT HEAD BACK  
AND BREATHE  
INTO CASUALTY  
TWICE

CONTINUE CPR  
UNTIL HELP ARRIVES  
OR AN AED  
IS AVAILABLE



If you are untrained or are unsure of your skills – don't give up. Give compression only CPR – pushing hard and fast at a rate of at least 100 times each minute.