

CPR adult or child (over 1 year)



IN A MEDICAL EMERGENCY CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

The DRSABCD Action Plan is the first step when providing first aid. Use this to assess the immediate situation. [DOWNLOAD THE DRSABCD FACT SHEET.](#)

CPR is the action of giving 30 compressions followed by 2 breaths.
Try to achieve 5 sets of 30:2 in about 2 minutes (or 1w00–120 compressions/minute).

GIVING COMPRESSIONS

Give compressions with the patient on a firm surface.

- 1 Get into position.
 - Place the patient on their back and kneel beside the patient's chest.
 - Locate the lower half of the sternum (breastbone) in the centre of the chest.
 - Place the heel of one hand on the lower half of the sternum and the heel of your other hand on top of the first hand.
 - Interlock the fingers of your hands and raise your fingers.
- 2 Press down on the sternum.
 - Position yourself vertically above the patient's chest.
 - With your arms straight, press down on the patient's chest until it is compressed by about one-third.
- 3 Release the pressure. Pressing down and releasing is 1 compression.
- 4 Give 30 compressions.



GIVING BREATHS

- 1 Open the airway by tilting the head and lifting the chin, by placing one hand on the patient's forehead or top of their head.
 - Use the other hand on the chin to tilt their head (not the neck) backwards.
- 2 Give breaths.
 - With the head tilted backwards, pinch the soft part of the nose closed with your index finger and thumb, or seal the nose with your cheek.
 - Open the patient's mouth by placing your thumb over the chin below the lip and supporting the tip of jaw with the knuckle of middle finger. The chin is held up by your thumb and fingers to open the mouth and keep the airway clear.
 - Take a breath and place your lips over the patient's mouth, ensuring a good seal.
 - Blow steadily for about 1 second, watching for the chest to rise.
 - Turn your mouth away from the patient's mouth. Watch for their chest to fall. Listen and feel for signs of air being expelled. Maintain head tilt and chin lift.
- 3 Take another breath and repeat the sequence above. This is now 2 breaths.



IF UNWILLING OR
UNABLE TO GIVE
BREATHS, GIVING
COMPRESSIONS
ONLY WILL BE
BETTER THAN NOT
DOING CPR AT ALL.

If the chest does not rise, recheck the mouth and remove any obstructions. Make sure the head is tilted and chin lifted, and ensure there is a good seal around the mouth (or mouth and nose).

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