









SEQUENCE / ACTION		TECHNICAL DESCRIPTION
SAFETY		<ul style="list-style-type: none"><li>Make sure that you, the victim and bystanders are safe</li></ul>
RESPONSE Check for a response		<ul style="list-style-type: none"><li>Shake the victim gently by the shoulders and ask loudly: <b>“Are you all right?”</b></li></ul>
ALERT EMERGENCY SERVICES		<ul style="list-style-type: none"><li>If victim is unresponsive, ask a helper to call the emergency medical services or call them yourself</li><li>Stay with the victim if possible</li><li>Activate the speaker function or hands-free option on the telephone so that you can start CPR whilst talking to the dispatcher</li></ul>
AIRWAY Open the airway		<ul style="list-style-type: none"><li>If there is no response, position the victim on their back</li><li>With your hand on the forehead and your fingertips under the point of the chin, gently tilt the victim's head backwards, lifting the chin to open the airway</li></ul>
BREATHING Look, listen and feel for breathing		<ul style="list-style-type: none"><li>Look, listen and feel for breathing for no more than 10 seconds</li><li>A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally</li></ul>
SEND FOR AED Send someone to get an AED		<ul style="list-style-type: none"><li>Send someone to find and bring back an AED, if available</li><li>If you are on your own, fetch an AED only if you can get and apply it within one minute; otherwise, start CPR immediately</li></ul>
CIRCULATION Start chest compressions		<ul style="list-style-type: none"><li>Kneel by the side of the victim</li><li>Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum)</li><li>Place the heel of your other hand on top of the first hand and interlock your fingers</li><li>Keep your arms straight</li><li>Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 6 cm)</li><li>After each compression, release all the pressure on the chest without losing contact between your hand and the chest</li><li>Repeat at a rate of 100-120 min<sup>-1</sup></li></ul>
COMPRESSION-ONLY CPR		<ul style="list-style-type: none"><li><b>If you are untrained, or unable to give rescue breaths</b>, give chest-compression-only CPR (continuous compressions at a rate of 100-120 min<sup>-1</sup>)</li></ul>

COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS



- If you are trained to do so**, after 30 compressions, open the airway again, using head tilt and chin lift
- Pinch the soft part of the nose closed, using your index finger and thumb of your hand on the forehead
- Allow the victim's mouth to open, but maintain chin lift
- Take a normal breath and place your lips around the victim's mouth, making sure that you have an airtight seal
- Blow steadily into the mouth whilst watching for the chest to rise, taking about 1 second as in normal breathing. This is an effective rescue breath
- Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out
- Take another normal breath and blow into the victim's mouth once more to achieve a total of two rescue breaths
- Do not interrupt compressions by more than 10 seconds to deliver the two breaths, even if one or both are not effective
- Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions
- Continue with chest compressions and rescue breaths in a 30:2 ratio

WHEN AED ARRIVES  
Switch on the AED and attach the electrode pads



- As soon as the AED arrives, switch it on and attach the electrode pads to the victim's bare chest
- If more than one rescuer is present, CPR should be continued whilst the electrode pads are being attached to the chest

FOLLOW THE SPOKEN/ VISUAL DIRECTIONS

- Follow the spoken and visual directions given by the AED
- If a shock is advised**, ensure that neither you nor anyone else is touching the victim
- Push the shock button as directed
- Then **immediately** resume CPR as directed by the AED

IF NO SHOCK IS ADVISED  
Continue CPR



- If no shock is advised**, immediately resume CPR and continue as directed by the AED

IF NO AED IS AVAILABLE  
Continue CPR



- If no AED is available, **or** whilst waiting for one to arrive, continue CPR
- Do not interrupt resuscitation until:
  - A healthcare professional tells you to stop OR
  - The victim is definitely waking up, moving, opening eyes, and breathing normally OR
  - You become exhausted
- It is rare for CPR alone to restart the heart. Unless you are certain that the victim has recovered, continue CPR
- Signs that the victim has recovered
  - Waking-up
  - Moving
  - Opening eyes
  - Breathing normally