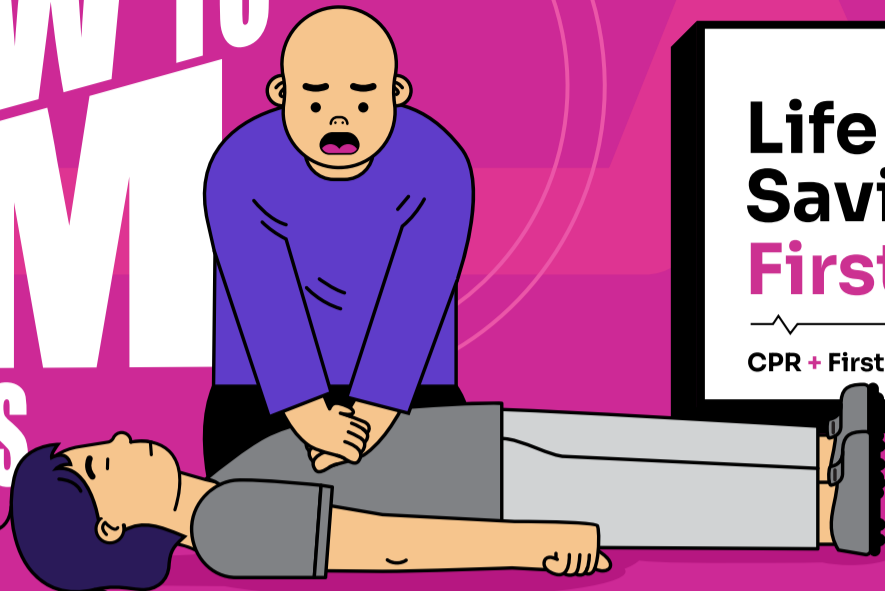


# This is HOW TO PERFORM CPR ON ADULTS

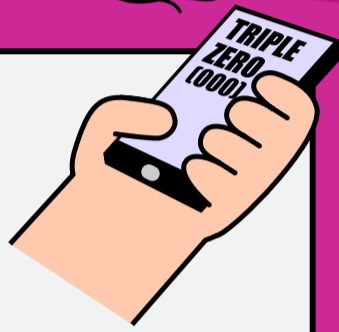
Everything you need to know!



01

## USE DRSABCD

- Make sure **the area is safe** for you and the casualty.
- Check for responsiveness.
- No response? **Call 000**.



02

## CHECK FOR BREATHING

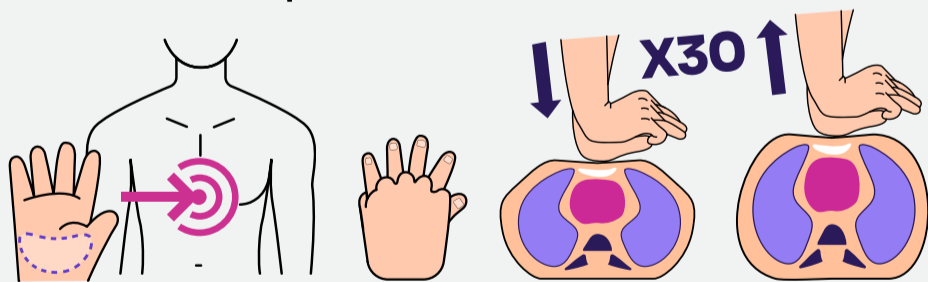
- Lay the person on a **firm surface**.
- Open the airway** by tilting the head back and lifting the chin.
- Look, listen, and feel for breathing.
- NOT Breathing?** Start CPR



03

## START COMPRESSIONS

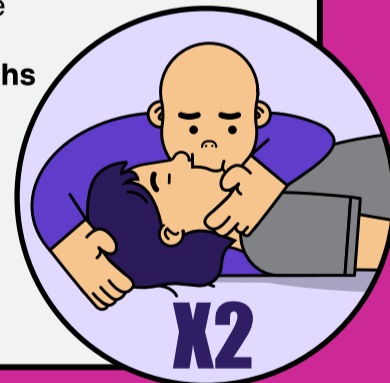
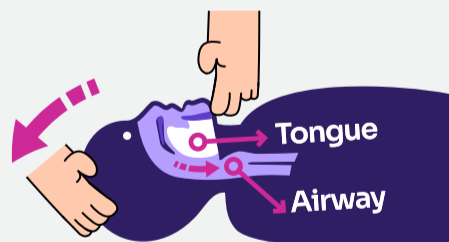
- Place the heel of one hand **on the lower half of the sternum**, in the centre of the chest.
- Place the other hand on top and straighten your arms.
- Use your body weight** to help with chest compressions. Push down 1 third of the chest cavity (4-5cms approx.)
- Give 30 compressions**.



04

## PROVIDE RESCUE BREATHS

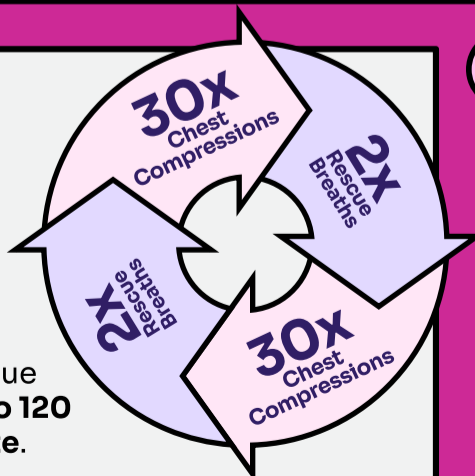
- After 30 compressions, **provide 2 rescue breaths**.
- Open the airway and ensure proper head position.
- Give effective rescue breaths**



05

## THE CPR CYCLE

- Repeat the cycle** of 30 compressions and 2 rescue breaths at a rate of **100 to 120 compressions per minute**.



06

## CONTINUE CPR UNTIL

- The person responds **or** resumes normal breathing.
- A healthcare professional takes over.**
- You are too exhausted to continue.
- Emergency services advise to stop.
- It is too dangerous to continue.**

