

How to perform CPR



Cardio Pulmonary Resuscitation is a technique used to circulate oxygenated blood for someone whose body is no longer able to do it for itself. It is a combination of chest compressions and rescue breaths given to an unresponsive, non-breathing casualty.



72% of cardiac arrests occur at home



15% occur in the workplace



98% of cardiac arrests occur in adults



33% of those are aged 15 to 64 years old

According to the National Institute of Health and Care Excellence (NICE):

Immediate initiation of CPR can at least double the person's chances of survival.

Here are the necessary steps to perform CPR on a non-breathing casualty:

1

PHONE 999

Approach the casualty if it is safe for you to do so.

Phone 999 (landline) or 112 (mobile) for emergency help.



CHEST COMPRESSIONS:

1. Place the heel of one hand onto the centre of the casualty's chest (on the breastbone).
2. Place your other hand on top. Interlock your fingers and raise them off the casualty's body.
3. Press down 30 times, around 5 to 6cm deep, at a rate of 100-120 per minute.

2

3

RESCUE BREATHS:

1. Tilt the casualty's head back, placing a hand on the forehead and two fingers under the chin.
2. Pinch their nose shut.
3. Place your mouth over theirs and blow steadily for no more than 1 second.
4. Watch for their chest rising and stop when it does.
5. Sit up to take in fresh air yourself and allow the casualty's chest to fall.
6. Repeat to give a second rescue breath. If you are unable to give rescue breaths, continue with chest compressions.



REPEAT:

Give 30 chest compressions, followed by 2 rescue breaths and continuously repeat the cycle until emergency help arrives.

4