

HOW TO PERFORM CPR

1

CHECK BREATHING

- Check if the person is breathing - look at their chest - is it rising and falling?
- Listen to the breath - can you hear or feel it?
- Call 000 (Get someone else to do this if possible) and get a paramedic to the scene ASAP.



2

BREATHING? PLACE IN RECOVERY POSITION

- Kneel beside the person and straighten their arms and legs.
- Fold the arm closest to you over their chest. Place the other arm at a right angle to their body.
- Take the leg closest to you and bend the knee, placing the foot on the ground.
- Support the person's head and neck, take the bent knee closest to you and very gently roll the person away from you. Place the top leg down so that the hip and knee are bent at right angles.



3

NOT BREATHING? BEGIN CPR

- Lean so you are directly over them.
- Position the heel of your hand on the centre of their chest. Place the other hand on top.
- Compress deeply to 1/3 of the depth of their chest.
- Perform 30 chest compressions to the rhythm of 'Staying alive' by the Bee Gees (approximately 100 compressions per minute).



4

RESCUE BREATHS

- If you are able and willing to, perform 2 rescue breaths.
- Tilt the head back (use a face shield if available), and perform two breaths into the mouth, watching their chest rise with each breath.



5

ATTACH DEFIBRILLATOR

- Attach the defibrillator ASAP.
- Continue 30 compressions and 2 breaths until help arrives.
- Swap with other people to reduce fatigue.

