

# How to perform CPR



Look, listen and feel for 2 breaths or 5-10secs



Arms straight, use your body weight to compress the chest.



Breathe into the casualties mouth; enough to inflate their chest.

**Airway** – Open the airway

- Check the mouth
- Tilt the head back to open the airway

**Breathing** – Check for breathing

- Look down the chest for movement
- Listen for sounds or breathing
- Feel with your cheek for breathing
- Feel with your hand for movement
- You need to feel 2 complete breaths
- Check for 5-10 seconds
- If no breathing is present call 999/112

**Colour** – Look for signs of life and circulation

- Check for movement, breathing and colour

If casualty appears dead or breathing does not appear normal.

- Place your hands in the middle of the chest
- Press hard to squeeze the heart
- About 1.5 – 2 inches (4-5cms)
- Release to allow the heart to fill with blood
- Do 30 compressions at the rate of 100/min

The procedure is working if some colour returns to the cheeks of the casualty

If there are still no signs of life:

- Ensure the head is tilted back
- Pinch the nose tightly
- Seal around the casualties mouth
- Breathe in to inflate the casualties chest
- Breathe in to the casualty again after 1 sec
- If the chest does not move, re-position the head and try again
- Continue with chest compression using a ratio of 30 compressions to 2 breaths