



# FIRST AID CARDIOPULMONARY RESUSCITATION OR **CPR**



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## What is CPR?

Cardiopulmonary resuscitation is a life-saving first aid technique used when a person is not breathing or when their heart has stopped.

This technique consists of **two key actions**:

- **Chest compressions** which maintain blood circulation,
- **Rescue breaths** (mouth-to-mouth ventilation) which provide oxygen.

The aim is to preserve blood flow to the brain and heart until emergency services arrive.

## When should CPR be performed?

Cardiopulmonary resuscitation should be performed when a person :

- is **unconscious** and unresponsive
- shows no signs of breathing or circulation.

These conditions may occur following cardiac arrest, drowning, suffocation or severe trauma.

**Immediate action is critical because:**

- It increases survival rates.
- It reduces the risk of brain injury.



# Preparation



## Ensure safety

Make sure the environment is safe for both, you and the casualty.

## Check responsiveness

Gently shake the casualty's shoulder and ask loudly if they are okay.

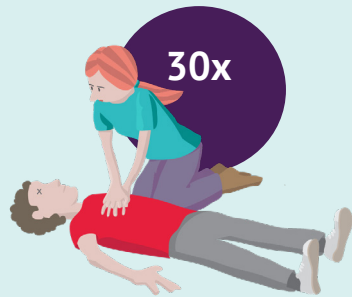
## Assess breathing (10 seconds)

- Place one hand on the casualty's **forehead**.
- Place the other under the **chin**.
- Gently tilt the head back to open the airway.
- Look for **chest movement**, listen for **breathing sounds**, and feel for airflow.
- Check for any **visible obstruction in the mouth**.

## Call emergency services – 112

If the casualty is unconscious and not breathing, call **112** immediately and follow instructions.

# Perform CPR



## Chest compressions (30x)

Place one hand on top of the other in the centre of the chest (sternum).

- Compress the chest to a depth of **5 to 6 cm**.
- Perform **30 chest compressions** at a fast, steady rate (100–120/min)
- Minimise interruptions (no more than 10 seconds)

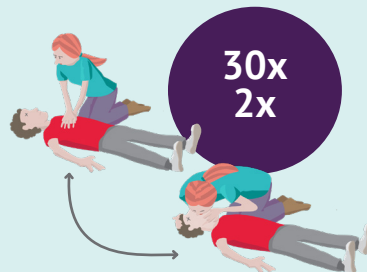
The compressions maintain blood flow to the brain and the heart.



## Rescue breaths (mouth-to-mouth) (2x)

Tilt the head back and lift the chin.

- Seal your mouth over the casualty's mouth.
- Deliver **2 breaths**, ensuring visible chest rise. Check that the chest rises with each breath.



## Continue cycles of 30 chest compressions with 2 breaths

Stop only if:

- Emergency services arrive,
- A defibrillator (AED) is available and ready to use,
- The casualty shows signs of life.

If others are present:

- Alternate providers to prevent fatigue.
- Minimise interruptions