

CPR

CARDIO-PULMONARY-RESUCITATION



Committed To High Standards & Customer Value Creation

DANGER

CHECK FOR DANGER
Ensure Safety of Yourself, Others & Casualty
Remove Any Hazards & Move Casualty to Safer Place

RESPONSE

CHECK FOR RESPONSE
Ask if you can hear me or can you Squeeze my hand
No → Yes → Make comfortable & Monitor response

SEND FOR HELP

CALL AMBULANCE
Remain Calm & Stay on Phone
Get help from Bystanders if required

AIRWAYS

OPEN AIRWAYS
Position Casualty on one side whilst supporting the head, check for foreign material & clear the mouth

BREATHING

CHECK FOR BREATHING
No? → Commence CPR immediately
Yes? → Place in recover position plus monitor

CPR

NO SIGNS OF LIFE - COMMENCE CPR
ADULT / CHILD
X 30 COMPRESSION
Position heel of hand center of chest
Place other hand on top
Compress 1/3 depth of chest.
(100-120 / minutes)
X 2 BREATHS
Tilt Head + Give 2 Breaths
Repeat Until Signs of life

INFANT (UP TO 1 YEAR)
X 30 COMPRESSION
Using two finger
Compress 1/3 depth of chest
(100-120 / minutes)
X 2 BREATHS
Do not Tilt head.
Cover Nose + Mouth
+ Give 2 Breaths
Repeat Until Signs of life

(ALL RESCUERS SHOULD PERFORM CHEST COMPRESSION AND TRAINED RESCUER WILLING TO GIVE RESCUE BREATHS ARE ENCOURAGED TO DO SO
RESCUER SHOULD FOLLOW PUBLIC HEALTH ADVICE WHEN DEALING WITH SUSPECTED COVID-19 VICTIMS)

DEFIBRILLATOR

ATTACH DEFIBRILLATOR & FOLLOW PROMTS
Attach Defibrillator (AED) as soon as possible
Continue CPR until signs of life or help arrives

SOFTWARE	SERVICE	HARDWARE