

Adult CPR Chart

Unresponsive and not breathing normally

Call 999 or 112 and ask for an ambulance

30 Chest Compressions

2 Rescue Breaths

Continue CPR 30:2

As soon as the AED arrives switch it on and follow instructions

- Approach, stop, think, act remember DRAB
- Apply barriers
- Introduce yourself
- Tap collar bone and ask, "Are you OK?"
- Open airway using head tilt, chin lift
- Check for normal breathing for no more than 10 seconds
- If not already done, activate EMS even if this means leaving the patient and find out if there is an AED available but do not waste time looking for an AED
- 30 compressions in centre of chest at a rate of 100-120 compressions per minute to a depth of 5-6 cm
- Then open the airway and give 2 breaths up to 1 second or until you see the chest rise
- The time between finishing the last compression, giving the two breaths and the next compression should ideally be 5 seconds with an absolute maximum of 10 seconds
- If the patient regurgitates or vomits during CPR turn the patient onto their side facing away from you, turn their head and allow the vomit to drain out
- Mouth to Nose ventilations are also an option. To do this open the airway seal your hand over their mouth and blow in their nose while keeping the airway open
- Repeat until EMS arrive and relieve you, the AED arrives, are relieved by a second rescuer or too exhausted to continue.

GUIDELINES

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