

Cardiopulmonary Resuscitation

CPR



Chain of Survival

1

Tap the casualty on his shoulders and shout for his attention.



2

Shout for assistance - Ask someone nearby to dial 995 for an ambulance and another person to get the nearest available Automated External Defibrillator (AED).



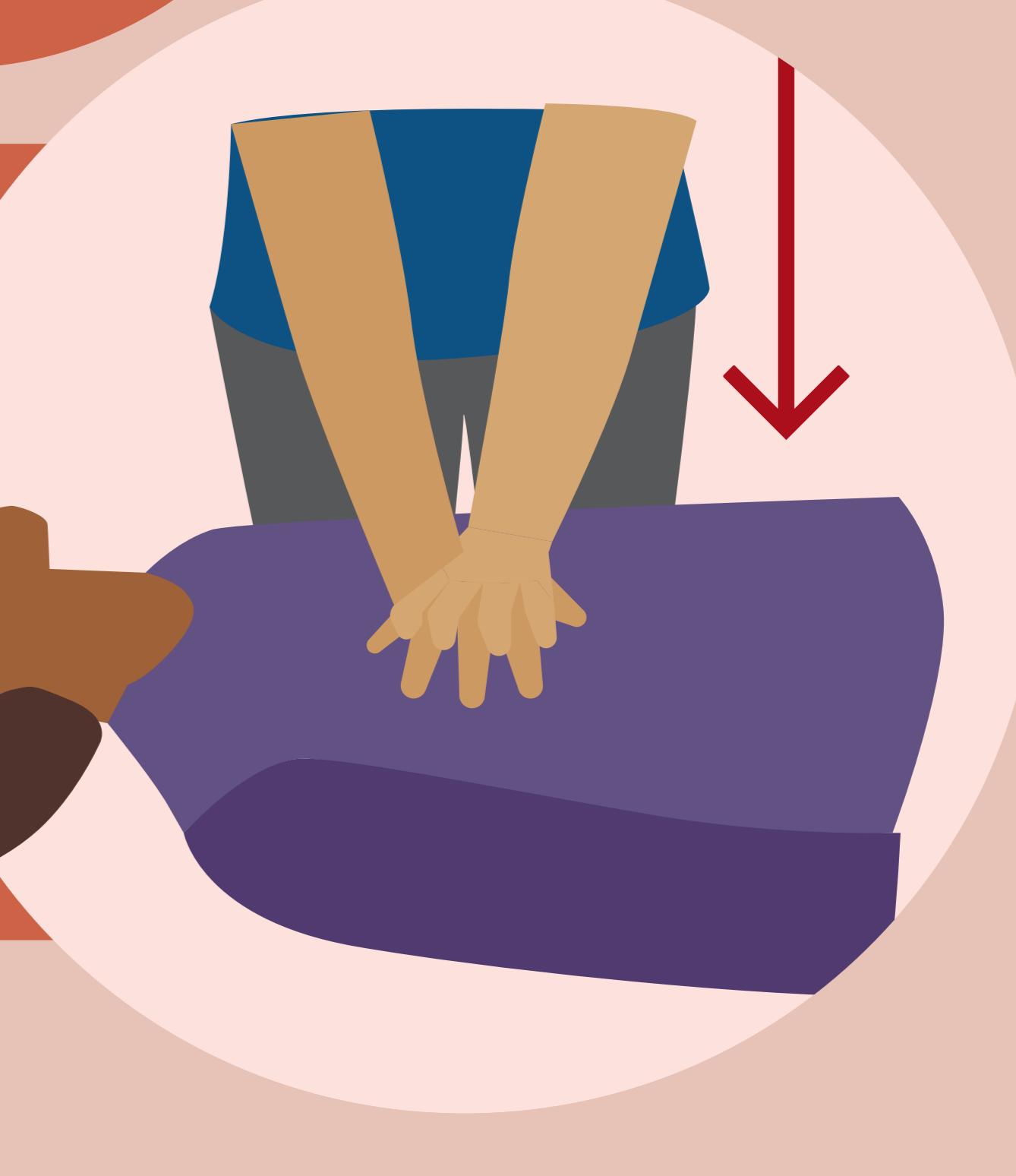
3

If the casualty is not lying flat on his back, reposition him while supporting and turning his head, neck and body at the same time.



4

Open the casualty's airway by performing the head-tilt-chin-lift manoeuvre. This will lift the tongue off the back of the throat.



5

Using your hand closer to the casualty's feet, locate the notch by tracing the lower edge of the rib cage with your middle finger.

Release the two fingers and place your hand on top of the other, interlacing the fingers from both hands to secure the position. The fingers should be kept off the chest.

Straighten both elbows and position your shoulders directly above the casualty's chest. Perform 30 compressions at a depth of about 5cm.



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