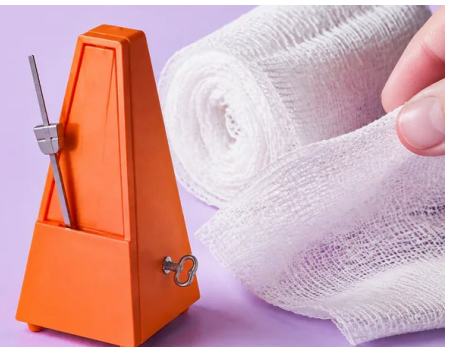




Adult CPR

Unresponsive and not breathing normally? Act now.



Call 000. Ask for an AED. Occasional gasps are not normal breathing.

1 Start compressions

Place the person on their back on a firm surface. Kneel beside them. Put the heel of one hand on the lower half of the breastbone, in the centre of the chest; put the other hand on top.

2 Push firmly and regularly

Keep arms straight. Compress about one third of the chest depth (more than 5 cm in an adult). Aim for 100-120 compressions a minute. Let the chest rise fully after each push.

3 Give breaths if able

After 30 compressions, open the airway, pinch the nose and seal your mouth over theirs. Give 2 breaths, about 1 second each, enough to make the chest rise. Resume compressions promptly.

4 Use the AED

Turn it on, attach pads to the bare chest as pictured and follow the prompts. Stand clear during analysis and shocks. Restart CPR when directed.

Cannot give breaths?

Give continuous chest compressions at 100-120 a minute. Minimise interruptions.

Keep going

Continue until the person responds or breathes normally, a health professional takes over or tells you to stop, you cannot continue, or the scene becomes unsafe.

Children and babies

This sheet describes adult technique. Use the mobile CPR guide for child and infant instructions and follow the 000 call-taker.

Sources: ANZCOR 6: Compressions; ANZCOR 8: CPR; Healthdirect: CPR.