

CPR for Adults

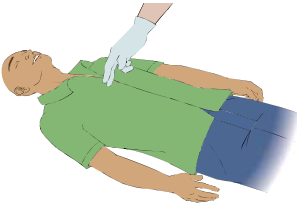
Check breathing. If the casualty is not breathing:



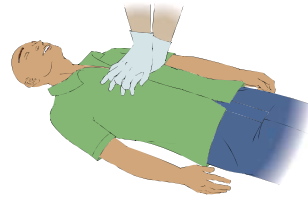
1 Call for help and an AED.



2 Make sure the casualty is on a firm, flat surface.



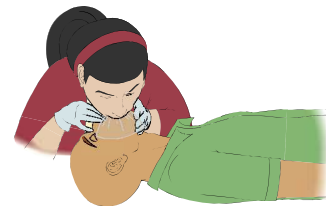
3 Place hands on centre of chest.



4 Press down firmly 30 times. Push hard. Push fast.



5 Tilt head back. Pinch nose. Ensure a tight seal.



6 Give 2 breaths – just enough air to make the chest rise.



7 Continue cycles of 30 compressions and 2 breaths until EMS takes over.