SEQUENCE /	Technical description
Action	
SAFETY	
Make sure you, the victim and any bystanders are safe	
RESPONSE	Gently shake his shoulders and ask loudly: "Are you all right?"
Check the victim	and the same of th
for a response	If he responds leave him in the position in which you find him, provided there is no further danger; try to find out what is wrong with him and get help if needed; reassess him regularly
AIRWAY	Turn the nations and his back if necessary
	Turn the patient onto his back if necessary
Open the airway	Place your hand on his forehead and gently tilt his head
	back; with your fingertips under the point of the victim's chi
	lift the chin to open the airway
BREATHING	In the first few minutes after cardiac arrest, a victim
	may be barely breathing, or taking intrequent, slow
Look, listen and feel for	and noisy gasps.
normal breathing	Do not confuse this with normal breathing. Look, listen
	and feel for no more than 10 seconds to determine
	whether the victim is breathing normally.
11/2	If you have any doubt whether breathing is normal, act
	as if it is they are not breathing normally and prepare
	to start CPR
UNRESPONSIVE AND	Ask a helper to call the emergency services (112) if
NOT BREATHING	possible otherwise call them yourself
NORMALLY	()
	Stay with the victim when making the call if possible
Alert emergency	
services	Activate speaker function on phone to aid
	communication with dispatcher
SEND FOR AED	Send someone to find and bring an AED if available.
	If you are on your own, do not leave the victim, start
Send someone to get	CPR

AED

CIRCULATION

Start chest compressions



Kneel by the side of the victim

Place the heel of one hand in the centre of the victim's chest; (which is the lower half of the victim's breastbone (sternum))



Place the heel of your other hand on top of the first hand

Interlock the fingers of your hands and ensure that pressure is not applied over the victim's ribs

Keep your arms straight

Do not apply any pressure over the upper abdomen or the bottom end of the bony sternum (breastbone)



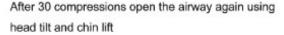
Position yourself vertically above the victim's chest and press down on the sternum approximately 5 cm (but not more than 6 cm)

After each compression, release all the pressure on the chest without losing contact between your hands and the sternum

Repeat at a rate of 100-120 min⁻¹

IF TRAINED AND ABLE

Combine chest compressions with rescue breaths



Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead Allow the mouth to open, but maintain chin lift

Take a normal breath and place your lips around his mouth, making sure that you have a good seal

Blow steadily into the mouth while watching for the chest to rise, taking about 1 second as in normal breathing; this is an effective rescue breath

Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall a

away from the victim and watch for the chest to fall as air comes out

Take another normal breath and blow into the victim's mouth once more to achieve a total of two effective rescue breaths. Do not interrupt compressions by more than 10 seconds to deliver two breaths. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions



Continue with chest compressions and rescue breaths in a ratio of 30:2

IF UNTRAINED OR UNABLE TO DO RESCUE BREATHS

Continue compression only CPR



Give chest compressions only CPR (continuous compressions at a rate of 100-120 min⁻¹)

WHEN AED ARRIVES

Switch on the AED and attach the electrode pads



As soon as the AED arrives:

Switch on the AED and attach the electrode pads on the victim's bare chest

If more than one rescuer is present, CPR should be continued while electrode pads are being attached to the chest

Follow the spoken/visual directions



Ensure that nobody is touching the victim while the AED is analysing the rhythm

If a shock is indicated, deliver shock



Ensure that nobody is touching the victim

Push shock button as directed (fully automatic AEDs will deliver the shock automatically)

Immediately restart CPR 30:2

Continue as directed by the voice / visual prompts

If no shock is indicated, continue CPR



Immediately resume CPR. Continue as directed by th voice/visual prompts

IF NO AED IS AVAILABLE CONTINUE CPR

Continue CPR



Do not interrupt resuscitation until:

- · a health professional tells you to stop
- the victim is definitely waking up moving, opening eyes and breathing normally
- · you become exhausted

IF UNRESPONSIVE BUT BREATHING NORMALLY

If you are certain the victim is breathing normally but is still unresponsive, place in the recovery position (see First aid chapter).



It is rare for CPR alone to restart the heart. Unless you are certain the person has recovered continue CPR

Signs the victim has recovered

- · waking up
- moving
- opens eyes
- · normal breathing

Be prepared to restart CPR immediately if patient deteriorates