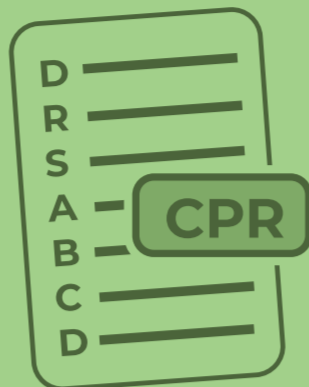


CPR GUIDE

ADULT & CHILD (> 8 Years)

In an emergency situation the DRSABCD flowchart must be followed first. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.



CPR is performed at a ratio of

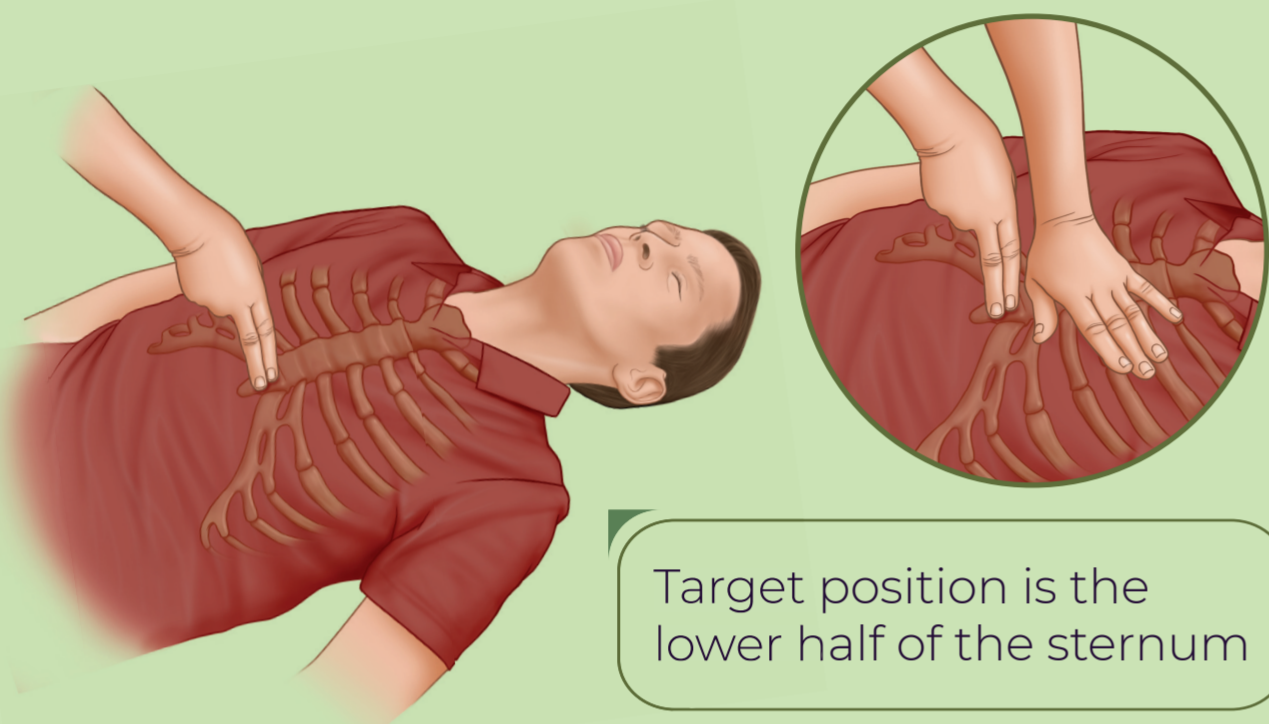
30 compressions



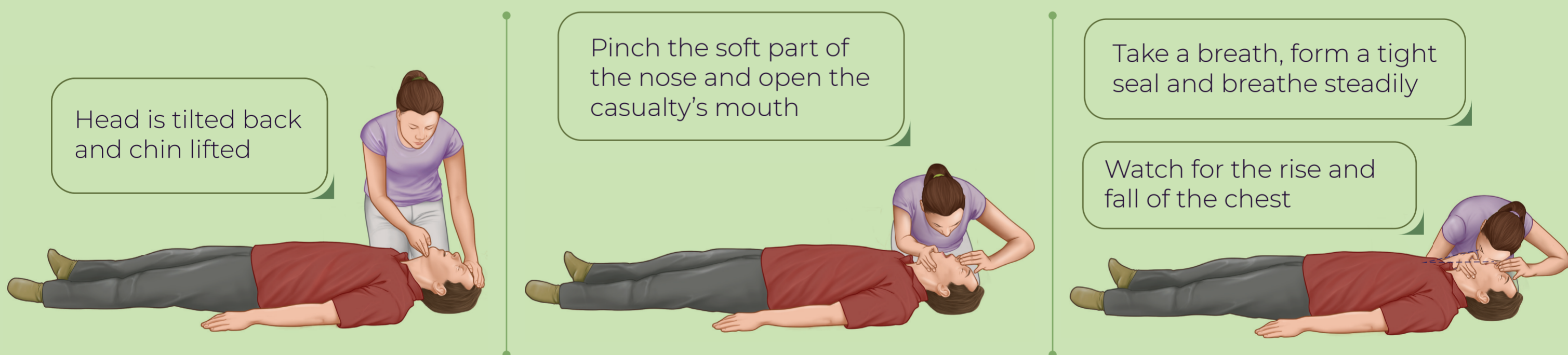
2 rescue breaths



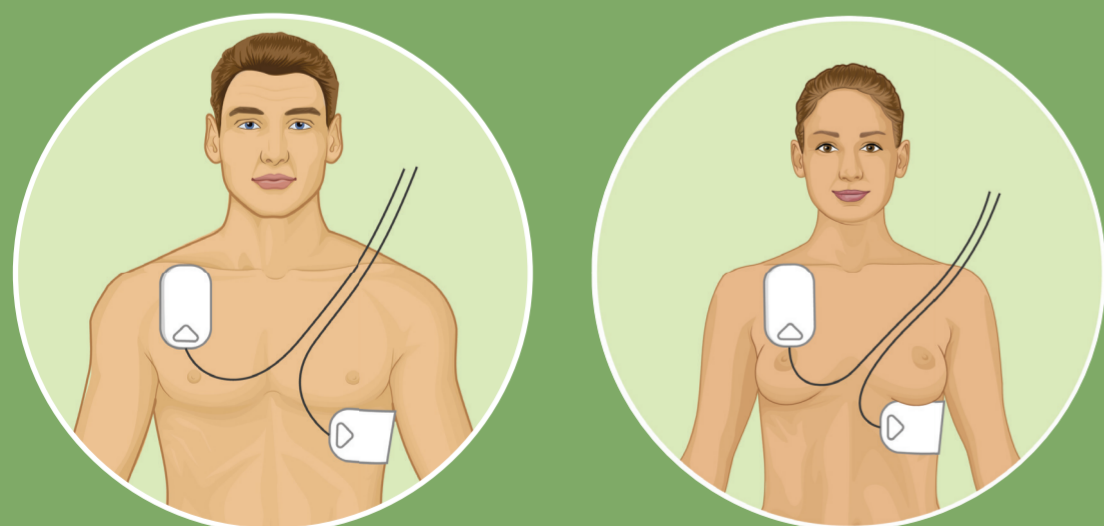
01 Perform 30 compressions hard and fast - at a rate of **100-120** per minute.



02 Perform 2 rescue breaths.



If an AED is available - turn AED on and follow the AED's instructions.



Same pad position for both male/female adult and older child

CONTINUE CPR UNTIL THE CASUALTY BREATHES NORMALLY OR MEDICAL PROFESSIONALS TAKE OVER

If the casualty resumes normal breathing then place them in the *recovery position* and monitor their breathing until an ambulance arrives.

Recovery position

