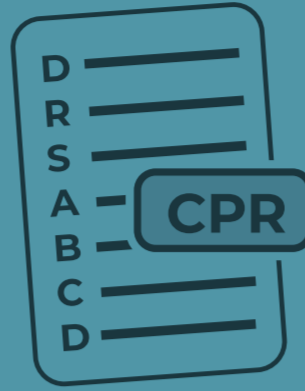


# CPR GUIDE

## PREGNANCY

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



CPR is performed at a ratio of

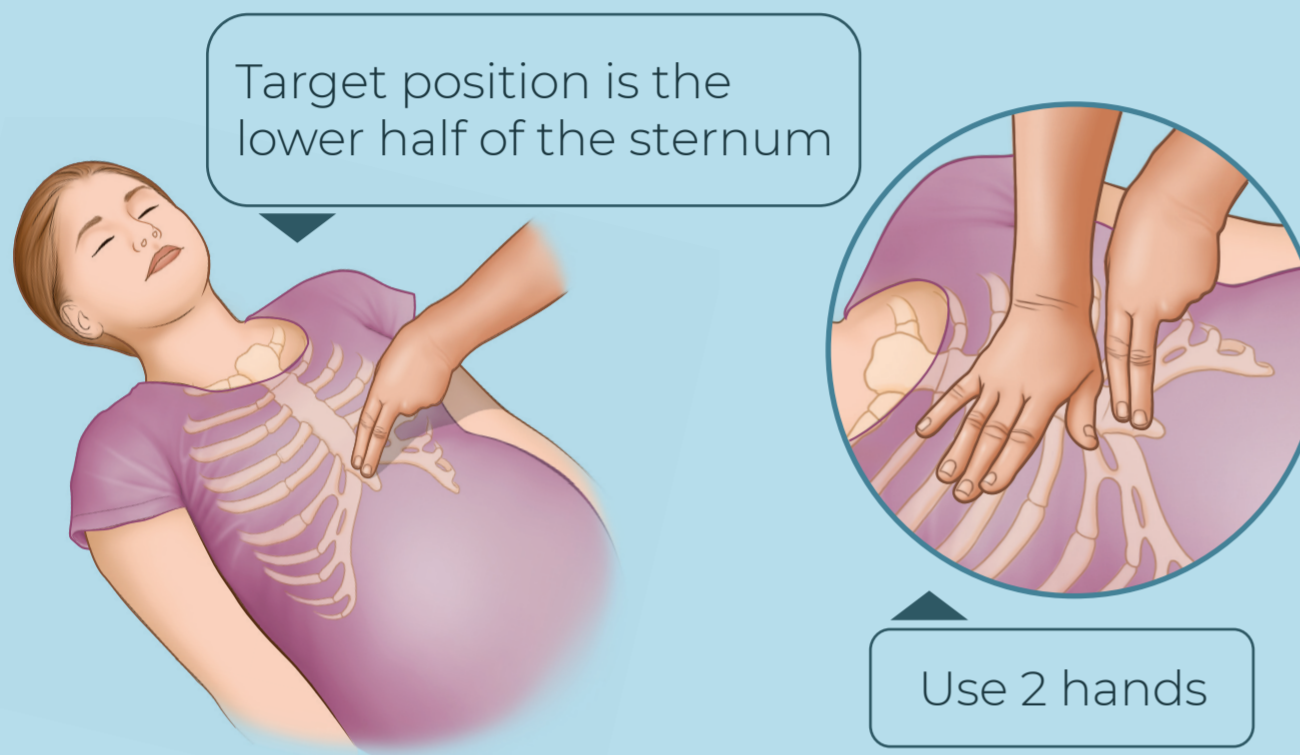
**30** compressions



**2** rescue breaths

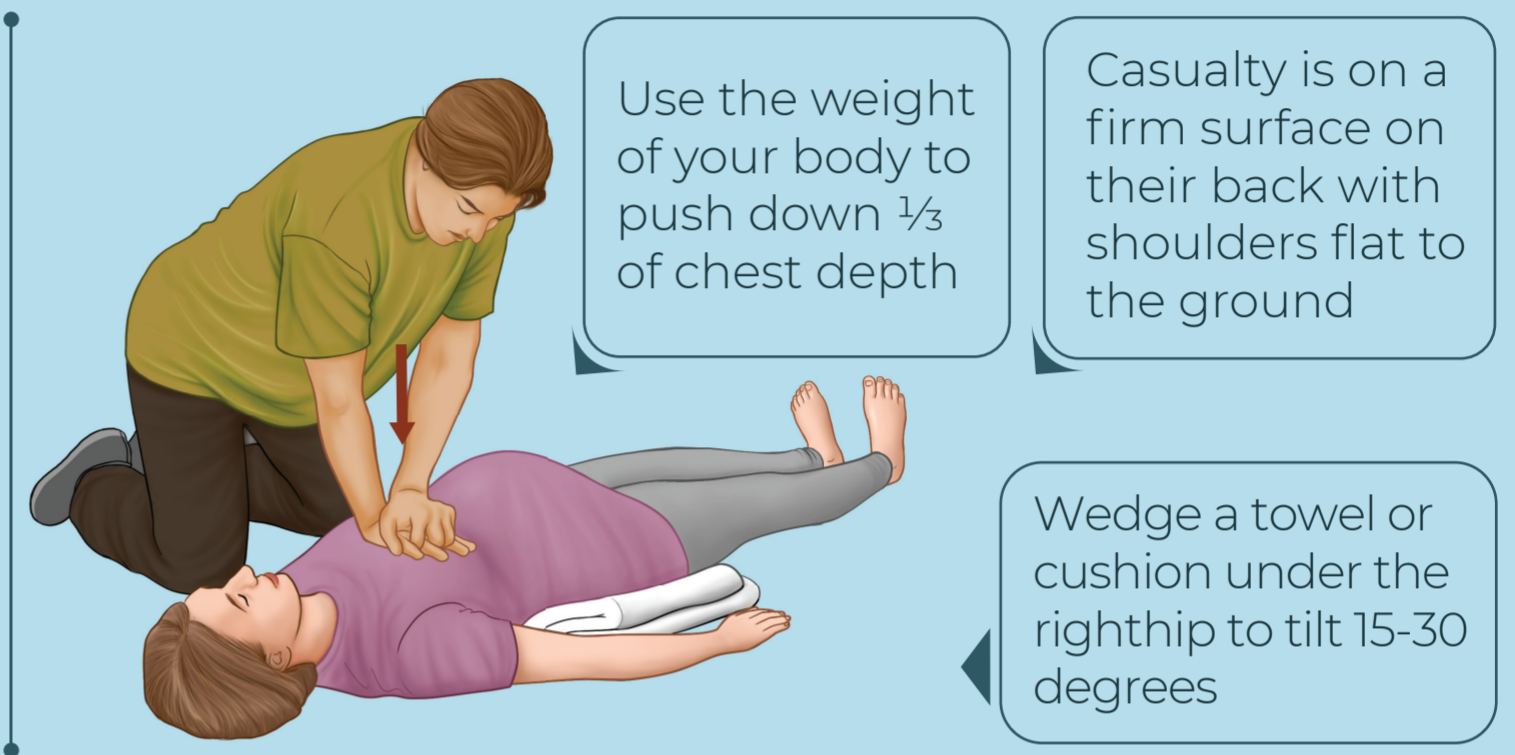


### 01 Perform 30 compressions hard and fast - at a rate of **100-120** per minute.



Target position is the lower half of the sternum

Use 2 hands

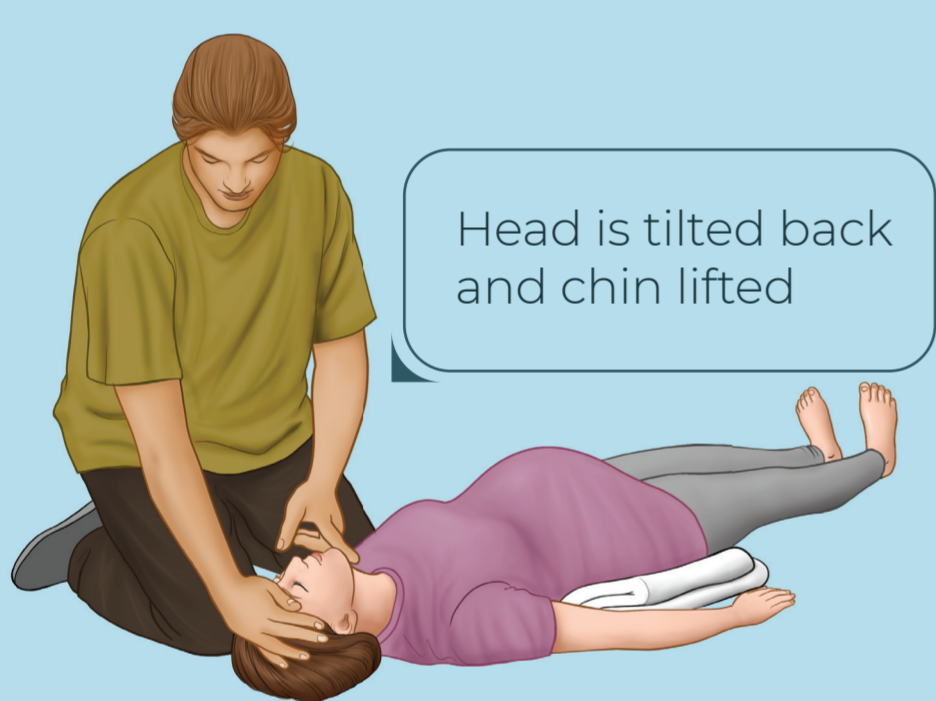


Use the weight of your body to push down  $\frac{1}{3}$  of chest depth


Casualty is on a firm surface on their back with shoulders flat to the ground

Wedge a towel or cushion under the righthip to tilt 15-30 degrees


### 02 Perform 2 rescue breaths.



Head is tilted back and chin lifted



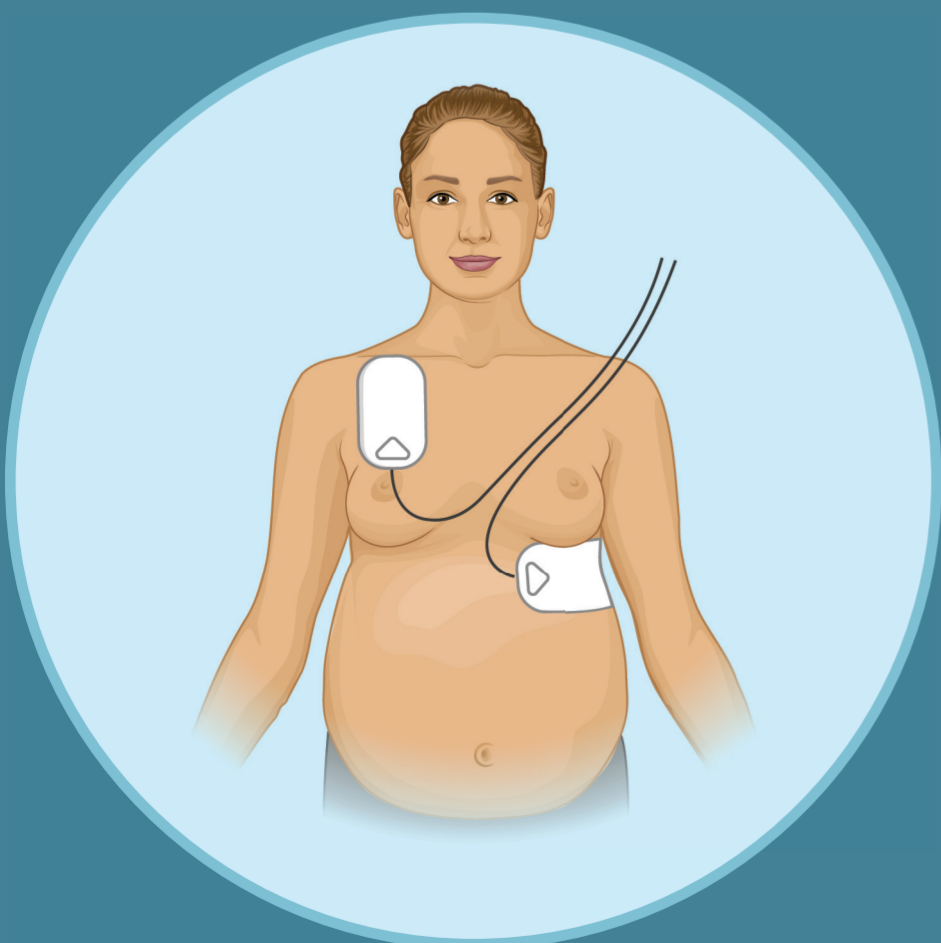
Pinch the soft part of the nose and open the casualty's mouth



Take a breath, form a tight seal and breathe steadily

Watch for the rise and fall of the chest

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

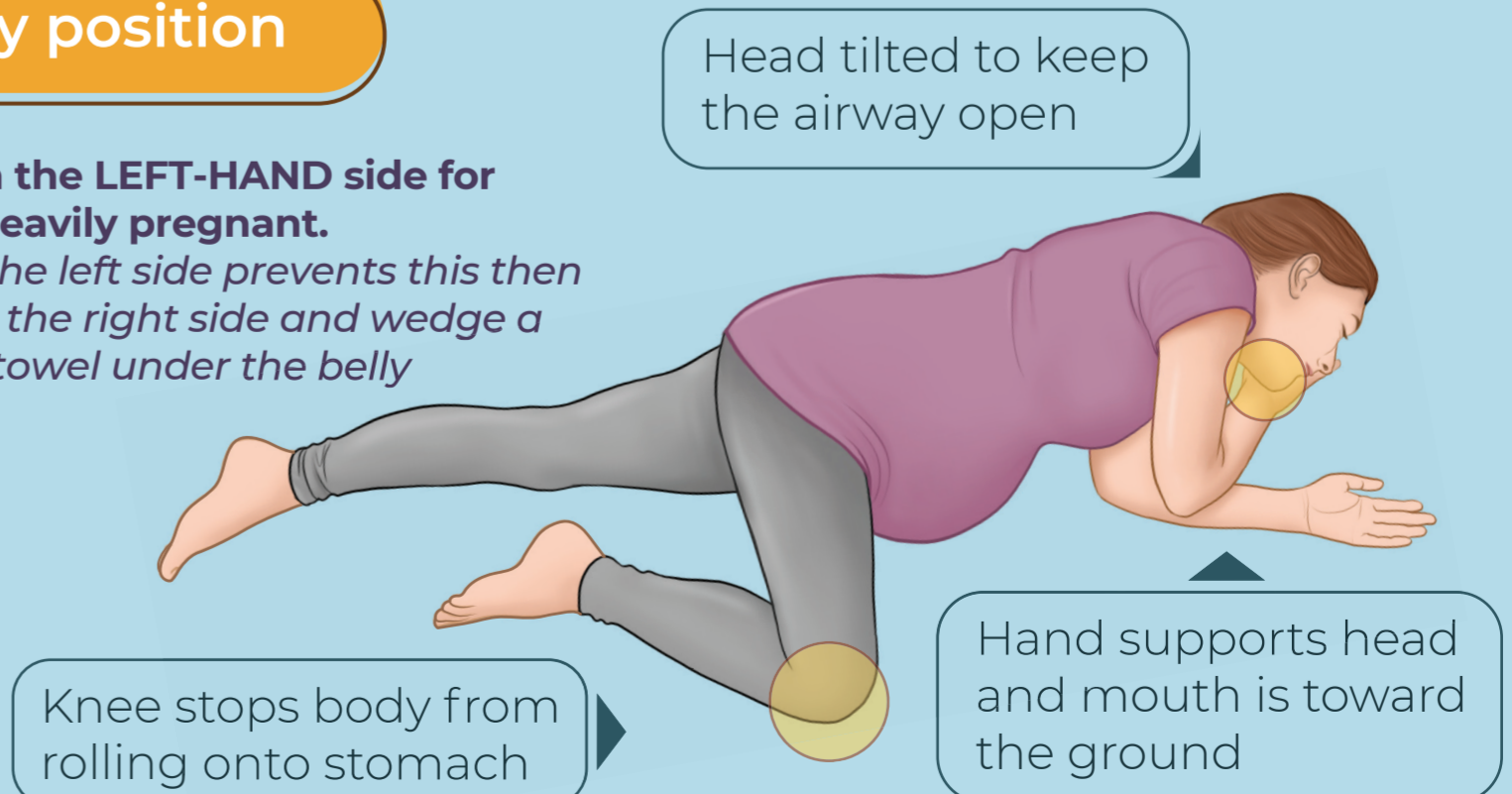


### CONTINUE CPR UNTIL THE CASUALTY BREATHES NORMALLY OR MEDICAL PROFESSIONALS TAKE OVER

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

#### Recovery position

**Perform on the LEFT-HAND side for someone heavily pregnant.**  
If injury to the left side prevents this then perform on the right side and wedge a cushion or towel under the belly



Head tilted to keep the airway open

Hand supports head and mouth is toward the ground

Knee stops body from rolling onto stomach