

# How to administer CPR to adults



1

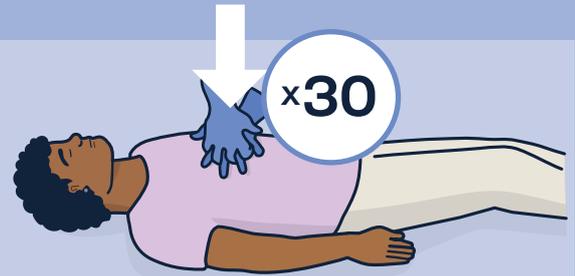
Make sure 999 or 112 have been called and placed on speakerphone before beginning CPR.



4

Repeat this 30 times at a rate of two per second, or in time with the song 'Staying Alive'.

This equates to 100 to 120 compressions a minute.



2

Position the casualty on their back and kneel beside them.



5

Give two rescue breaths after 30 compressions. Tilt the casualty's head and gently lift up their chin with two fingers. Pinch their nose, take a deep breath and seal your lips around their mouth.

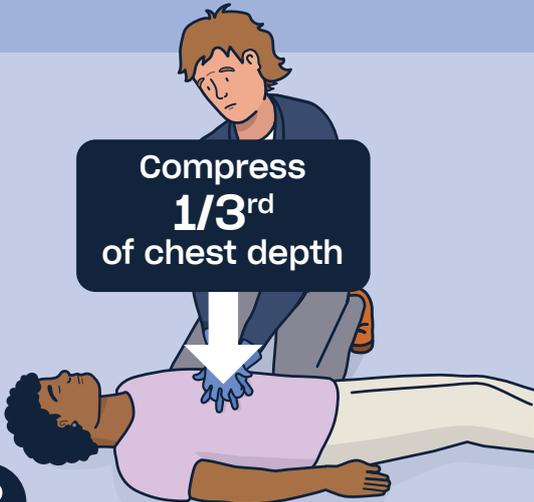
Blow deeply for about one second until you see their chest rise, remove your mouth and let the chest fall. Repeat this so they receive two rescue breaths. If you have a face barrier available, use this for the rescue breaths.



3

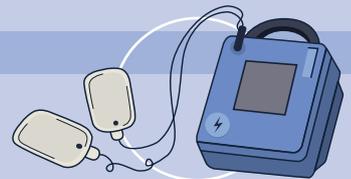
Place the heel of one of your hands on the breastbone in the centre of their chest. Place the other hand on top, interlocking the fingers. Lean over the casualty and with your arms straight, use your body weight to compress the chest to a third of its depth, then release.

Compress  
**1/3<sup>rd</sup>**  
of chest depth



6

Repeat the sequence of 30 compressions and two rescue breaths until the casualty begins to breathe normally, emergency help arrives or an AED is ready to use.



7

Put them into the recovery position if they start to breathe normally. Continue to monitor their condition as you may need to give CPR again.

