CPR (CARDIOPULMONARY RESUSCITATION)

ADULT/CHILD (over 1 year)

1 Giving compressions:
   - kneel beside casualty, one knee level with head and the other with casualty’s chest
   - locate lower half of sternum (breastbone) in the centre of chest

   Compressions should be performed with the casualty on a firm surface. For an infant under one year, this is best done on a table or similar surface.

   During CPR (combining chest compressions with rescue breathing), you would expect to achieve 5 sets of 30 compressions and 2 breaths (30:2) in about 2 minutes.

   - place heel of hand on lower half of sternum (breastbone) and place heel of other hand on top of first
   - interlock fingers of both hands and raise fingers
   - do not apply pressure over casualty’s ribs, upper abdomen or bottom part of sternum
   - position yourself vertically above casualty’s chest
   - with your arms straight, press down on the sternum (breastbone)
   - press down about one third of chest.
INFANT (under 1 year)

- place two fingers (index and middle) over lower half of sternum (breastbone)
- press down about one third of chest.

2 Release the pressure:
- compressions and release should take equal amounts of time.

3 Repeat compressions:
- give 30 compressions at a rate of approximately 100 per minute.

4 Giving breaths:
- tilt head and lift chin (slightly for infants)
- give 2 breaths (see p. 10).

5 Continue CPR:
- return hands (fingers for infants) to correct position on chest
- continue compressions and breaths at a ratio of 30:2 until medical aid arrives.