

CPR Quick Guide



If you witness a victim collapse or see someone down, make sure the scene is safe for you and the victim. Check for responsiveness. If unresponsive and not breathing, call 999, have someone get the AED and begin CPR.



1 Remove all clothing from victim's chest area.



2 Place heel of one hand in the middle of the chest. Place the other hand on top of the first with your fingers interlocked.



3 Compress the chest at a depth of between 4 - 5cm). Allow the chest to recoil before next compression.

4 Complete a total of 30 compressions.

5 When finished, if you choose to do mouth-to-mouth breathing, which is optional, tilt the head back and give two breaths so the victim's chest rises.

6 Repeat cycles of compressions and breaths until victim shows signs of life or AED arrives.

AED Quick Guide



If you witness a victim collapse or see someone down, make sure the scene is safe for you and the victim. Check for responsiveness. If unresponsive and not breathing, call 999, have someone get the AED and begin CPR.



- 1 Turn on the AED and follow voice prompts.
- 2 Remove all clothing from the victim's chest area. Make sure chest is dry, and excess hair is removed.



- 3 Remove electrode pads from pouch and place on victim's chest by following instructions on pads.
- 4 Make sure no one is touching the victim, while AED analyses victim's heart rhythm.
- 5 If the AED advises a shock, press the shock button. (If you have a fully automatic AED, the AED will automatically deliver a shock.)



- 6 If the AED does not advise a shock, immediately start CPR. After 2 minutes the AED will re-analyse the victim's heart, and either advise a shock or to continue CPR.
- 7 Continue this until EMS arrives or victim regains consciousness.