

# How to administer

## CPR to adults

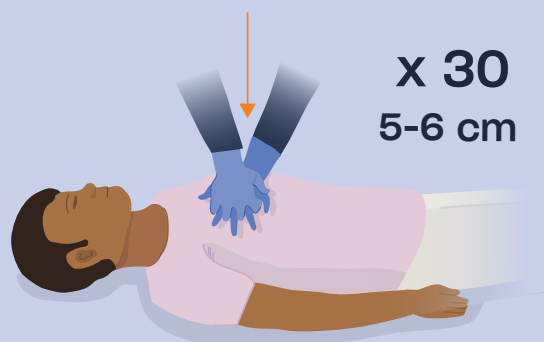
**1** Ensure that the emergency services have been called immediately.



**2** Kneel next to the casualty and position them on their back.

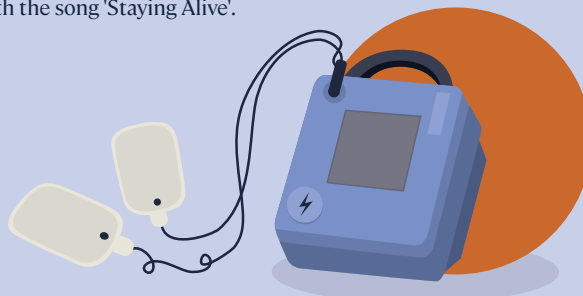


**x 30**  
**5-6 cm**



**4** Keep your arms straight and use your body weight to press directly down to a depth of 5-6 cm. Release the pressure and allow the chest to rise back up. Repeat this 30 times at a rate of two per second, or in time with the song 'Staying Alive'.

**3** Straighten your arms and lean over the casualty, placing the heel of one of your hands on the breastbone at the centre of their chest. Place the heel of your second hand on top of the first hand, interlocking your fingers and making sure they don't touch the casualty's ribs.



**6** Continue this process of 30 compressions and then two rescue breaths, or repeat compressions at a rate of 100 to 120 times a minute for hands-only CPR, until help arrives, they start breathing independently, you become too exhausted to continue or if a defibrillator is ready.



**5** Give two rescue breaths, using a face shield if one is available to hand. 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 once more, so they receive a total of two rescue breaths.

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

