

CPR: Adults

When do you need to resuscitate?

If someone is unresponsive and not breathing.

What is resuscitation?

When you push on someone's chest you are acting as their heart (pumping blood around the body) and when you breathe into them you are acting as their lungs (oxygenating their blood).

How to resuscitate an adult:

1. Once you have established that they are unconscious and not breathing, phone for an ambulance (put the phone on loudspeaker) and get an AED if there is one available.
2. Start chest compressions:
 - Push hard and fast on the centre of their chest
 - Push down 5-6cm – roughly 1/3 of their chest
 - Do roughly 2 compressions per second
 - Do 30 compressions then...
3. Rescue breaths
 - Tilt the head and lift the chin to open their airway
 - Hold their nose
 - Give 2 breaths: seal your mouth around their mouth and blow into them like a balloon.



Make sure their chest rises each time. If it doesn't, try tilting the head back a bit more. If it still won't rise just go back to the compressions.

4. Continue giving 30 compressions followed by 2 breaths. Keep going (30:2) until the paramedics arrive.

Keep going, as you are **keeping them alive** but do not expect them to **come back to life** until the paramedics are there to help.



If there is an AED machine nearby, use it. AEDs restart hearts. Using an AED as quickly as possible saves lives, you cannot do harm as it will only let you shock the casualty if they need it.

NOTE:

- Babies and children should receive 5 breaths **before** you start chest compressions.
- For a baby or child, if you are on your own, resuscitate for 1 minute before phoning for an ambulance.
- If anyone else is near you, ask them to phone 999 while you start resuscitating.
- CPR is exhausting. If there is someone to help, take it in turns to do the compressions and breaths. Swap every 2 minutes.

Written by Emma Hammett for First Aid for Life

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