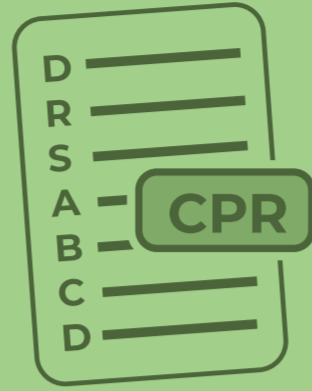


# CPR GUIDE

## ADULT & CHILD (> 8 Years)

In an emergency situation the DRSABCD flowchart must be followed first. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.



CPR is performed at a ratio of

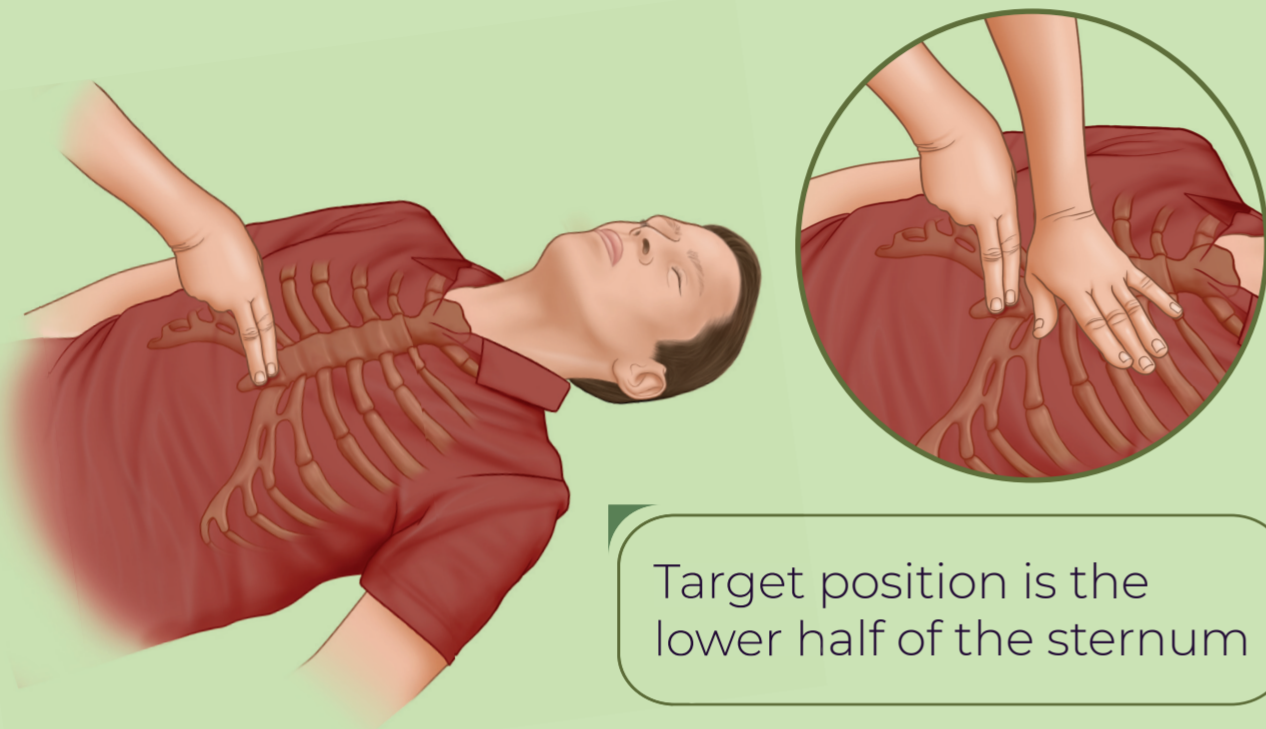
**30** compressions



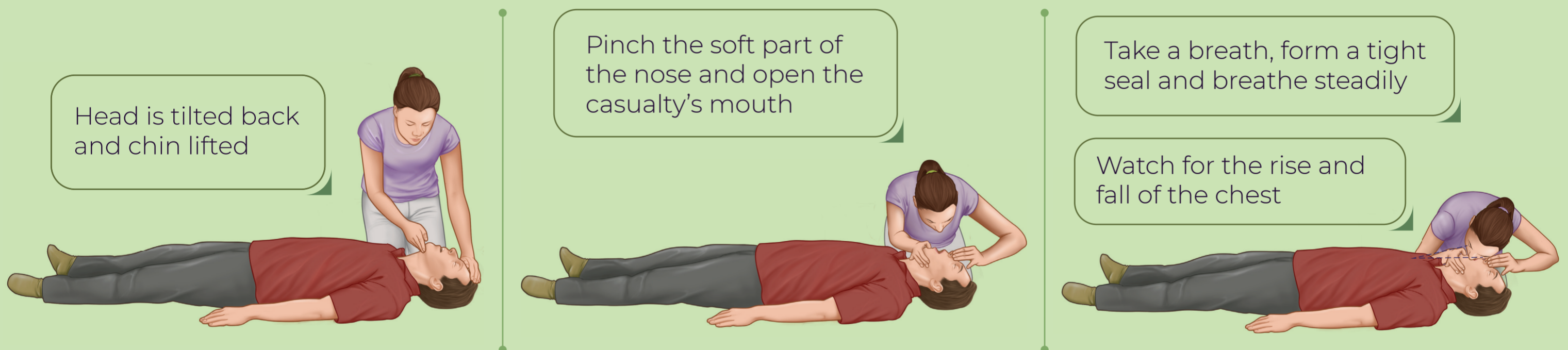
**2** rescue breaths



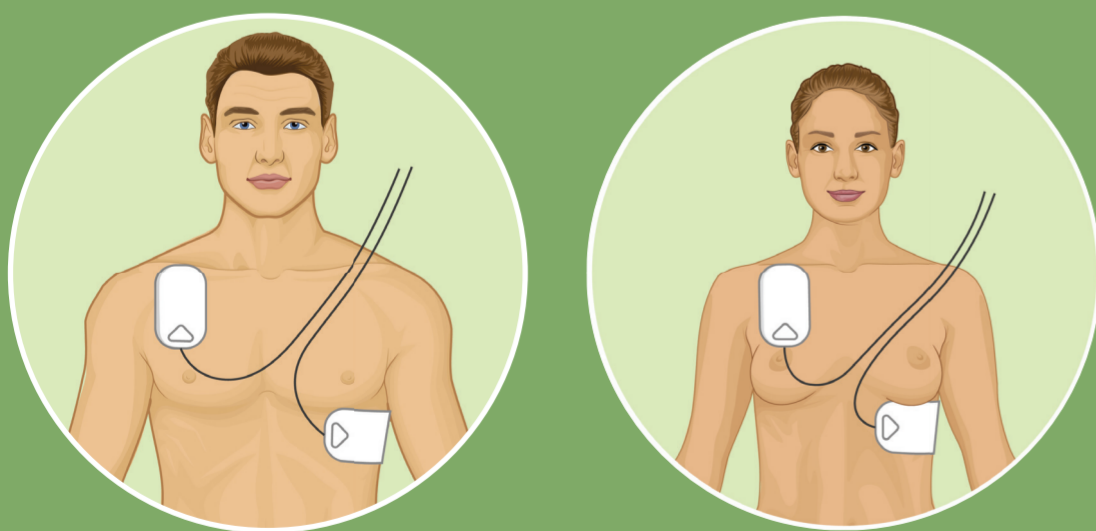
**01** Perform 30 compressions hard and fast - at a rate of **100-120** per minute.



**02** Perform 2 rescue breaths.



If an AED is available - turn AED on and follow the AED's instructions.



Same pad position for both male/female adult and older child

**CONTINUE CPR UNTIL THE CASUALTY BREATHES NORMALLY OR MEDICAL PROFESSIONALS TAKE OVER**

If the casualty resumes normal breathing then place them in the *recovery position* and monitor their breathing until an ambulance arrives.

**Recovery position**

