CPR FOR EVERYONE

Hazards?
Ensure safety

Hello?
Tap and shout: ‘Are you okay?’

Is the person:
Awake?
Breathing?
Call for help?

Help!
Local Ambulance:
112
10177

Awake or breathing normally?
• Roll patient on their side.
• Keep checking for breathing until help arrives.

Not awake and not breathing normally?
• Push on the middle of the chest 30 times
• Give 2 breaths

AED
• Use AED when it arrives

KEEP DOING CPR UNTIL HELP ARRIVES

If unable to give breaths, push on the chest repeatedly

How to use an AED
• Switch "on"
• Follow the voice prompts
• Attach pads to bare chest
• Attach end of cable to AED
• Stand clear and allow analysis
• Press shock button if prompted
• Immediate CPR after shock delivered, starting with chest compressions

www.resuscitationcouncil.co.za