

1

**Check response**  
Can you hear me?  
Open your eyes.  
What's your name?  
Squeeze my hand.



2

**Establish an airway**  
Support the jaw and tilt the head.  
If you see fluid or foreign objects, turn the patient onto their side and clear.



3

**Check for breathing**  
Look at the chest.  
Listen for air escaping.  
Feel for air escaping and chest rising.



4

If no breathing, give two rescue breaths.



### At A Glance



Check for danger



Call for help



If no signs of life, give CPR

5

**If still no signs of life**  
Give 30 compressions on the centre of the chest and two rescue breaths. Do this at least 5 times in 2 minutes.



6

If the person shows signs of life, then place the person on their side.



7

**Continue until help arrives.**  
If available, implement a defibrillator as soon as possible.



## WHAT\_architecture

# CPR CPD

### Adult CPR

1. Tilt head
2. Give 2 full breaths
3. Start compressions using both hands - 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



### Child CPR (1-8 years)

1. Tilt head
2. Give 2 full breaths
3. Start compressions with one hand - only 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



### Infant CPR (0-1 years)

- DO NOT TILT HEAD!**
1. Give 2 breaths (puffs)
  2. Start compressions using two fingers only — 30 times
  3. Repeat — 2 breaths, 30 compressions
  4. Continue until the ambulance arrives, patient recovers or it is impossible to continue.

