

## How to do CPR

### How to do CPR on an adult in 5 steps

- Check for a response. Firmly shake the person's shoulders and loudly ask if they're okay.
- Call 999. If the person is unconscious and not breathing, or not breathing normally, start CPR.
- If there is someone with you, ask them to find a defibrillator.
- Start chest compressions. With the heel of your hand in the centre of their chest, press down smoothly and firmly at a rate of 2 per second. Try pushing to the beat of Stayin' Alive by the Bee Gees.
- Use a defibrillator as soon as you can. Follow its instructions carefully while you continue to give CPR.

**Difference between a baby, child and adult in CPR** - a baby is under 1 year old. A child is 1 to 18 years old.

The guidance for giving CPR to children and babies is different from that for adults. And the guidance for giving CPR to a child is also different from that for a baby.

If you're unsure, make a decision based on their physical features and use the appropriate CPR method. If in doubt between a child or an adult, refer to the adult CPR steps. The important thing is to call 999 and to do CPR.

### **Before starting CPR on a child or baby**

- Check the space is clear and look out for hazards like electrical equipment, slippery surfaces, or cars.
- Gently stimulate the child and ask loudly, 'Are you OK?'
- If they do not respond, see if their chest rises and listen or feel for breathing and other signs of life like moving or coughing. If their breathing is abnormal, they're not breathing or if you're unsure, call 999 and start CPR immediately. Take no more than 10 seconds to check this.

### **Do not start CPR but still call 999 immediately if:**

- They are conscious but cannot move.
- They are unconscious but breathing normally. If this is the case, put them in the recovery position and monitor their breathing in case you need to start CPR. (See the section below on recovery position.)

## How to do CPR on a child (1 to 18 years old)

- Always call 999 before starting CPR.
- Turn the child on their back, open their mouth and gently tilt their head back enough to open the airway. Support their neck while you do this.
- Pinch their nose, seal their mouth with your mouth and breathe out firmly until their chest rises. Wait for their chest to fall before giving the next breath. At first, give 5 of these rescue breaths.
- Put one hand in the centre of the child's chest (aim for their breastbone). Push down on their chest about one third deep (about 5cm) at a rate of 2 per second. Repeat this 15 times to a steady and swift beat (try pushing to the beat of Stayin' Alive by the Bee Gees). Allow the chest to come back up before you push each time.
- After doing 15 chest compressions, give 2 rescue breaths. Keep repeating this cycle.
- Once you have a defibrillator, place the pads on the child immediately and turn it on. If someone is with you, they can do this while you continue to do CPR. Follow the defibrillator's instructions. If you do not have a defibrillator, keep doing CPR.
- Continue to follow the defibrillator's instructions and to do CPR until emergency help arrives, the child shows signs of life, or you're too exhausted.