

CPR Chart

Resuscitation Skills

If you are not trained in CPR,
then provide hands only CPR

Cardiopulmonary resuscitation (CPR) can keep oxygenated blood flowing to the brain and vital organs.



Scene Safety

- Check for hazards
- Gloves on

When the heart stops, the lack of oxygen can cause brain damage in only a few minutes.



Look, Listen, Feel
Max 10 seconds

Check Response

- Tap & Shout. Are you ok?
- Look for no breathing

Adult = 8+ years old
Child = 1-8 years



Activate EMS

- Call 999 / 112
- Send for a defibrillator



Safety

Squad.ie

Compressions

- Push hard & fast x 30
- At least 2 inches or 5 cm deep
- Rate of 100 to 120 per minute

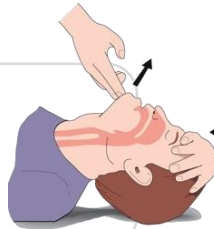
Ratio 30:2
on a firm surface
Use CPR mask

Chain of Survival
Call 999 - CPR - AED - ACLS



Airway

- Open the person's airway using the head-tilt, chin-lift technique



Breathing

- Give 2 breaths, 1 second each
- Adequate for chest rise
- Resume chest compressions



Automatic External Defibrillator

- Use AED if available. Switch on & follow voice prompts
- Attach pads. Everybody stand clear when analysing
- Clear again if shock is required. Continue CPR, if needed

To learn CPR properly, take an accredited Safety Squad first-aid training course. **Call 015340999**