

First Aid Pro CPR Guide – Adults and Children (1 Year and Older)

In an emergency situation the **DRSABCD** action must be followed first before starting CPR. 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

BEGIN CHEST COMPRESSIONS

If CPR is required, start with 30 compressions.

- A** Place the heel of your hand on the lower half of the sternum, between the nipples.
- B** Use two hands (interlocked) for adults and one or two hands for older children, depending on size.
- C** Keep your arms straight and use your upper body weight to push down.
- D** Compress the chest one-third its depth (about 5–6 cm in adults).
- E** Perform compressions at a rate of 100–120 per minute on a firm surface.



02

PROVIDE 2 RESCUE BREATHS

- A** Tilt the head back and lift the chin.
- B** Pinch the nose, seal your mouth over theirs, and breathe in steadily for about 1 second.
- C** Watch for the chest to rise.
- D** Take a normal breath and repeat.

Continue with 30 compressions to 2 breaths (30:2 ratio).



03

USE AN AED IF AVAILABLE

Turn on the Automated External Defibrillator (AED) and follow its voice prompts.

Attach the pads as shown on the diagrams – pad placement is the same for male and female adults and older children.



04

CONTINUE CPR

Repeat 30:2 cycles until the person:

- A** Shows signs of life
- B** Begins to breathe normally
- C** Is taken over by medical responders
- D** Or you are physically unable to continue

If breathing returns, place them in the recovery position and monitor.

