

First Aid Pro Step-by-Step CPR Guide for Pregnancy

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

D

01

CHECK FOR DANGER

Make sure the environment is safe for you and the patient



R

02

CHECK RESPONSE

Call out or gently shake the woman. If there's no response, proceed.



S

03

SEND FOR HELP

Dial Triple Zero (**000**) or ask someone nearby to call immediately.



A

04

OPEN AIRWAY

A Lay her flat on a firm surface.
B Tilt the head back and lift the chin to open the airway.



B

05

CHECK FOR BREATHING

A Look, listen, and feel for normal breathing for up to 10 seconds.
B If breathing: Place in the recovery position on her left side and monitor.
C If not breathing or only gasping: begin CPR.



C

06

CHEST COMPRESSIONS

A Place the heel of one hand on the lower half of the sternum, the other hand on top.
B Compress one-third the depth (at least 5 cm), at a rate of 100–120 per minute.
C Give 30 compressions.



07

RESCUE BREATHS

A After 30 compressions, give 2 breaths.
B Pinch the nose, seal your mouth over hers, and give each breath over 1 second, watching for chest rise.
C Repeat 30:2 cycles.



08

PREGNANCY POSITIONING

A If pregnant (uterus above navel or over 20 weeks), tilt pelvis 15–30° to the left using a towel or pillow under the right hip.
B If tilt isn't possible, manually move the uterus left during compressions.
C You are physically unable to continue.



D

09

USE AN AED (DEFIBRILLATOR)

A Apply an AED as soon as available.
B Follow the voice prompts. Defibrillation is safe in pregnancy.



10

CONTINUE CPR

A Keep performing 30:2 cycles until the woman responds.
B Help arrives.
C Or you are unable to continue.

