

Adult CPR

Collapsed and not breathing normally? Every second counts. Start now.

1

Shout for help. 999 and a defibrillator.

Send someone: "Call 999, bring back an AED." Alone? Call first, then start.

2

Hands on the centre of the chest.

Heel of one hand on the breastbone, other hand locked over it. Arms straight, shoulders above the chest.

3

30 compressions. Hard and fast.

5–6 cm deep, a credit card's width. 100–120 per minute, two per second. Let the chest fully rise back each time.

4

2 rescue breaths.

Tilt the head, lift the chin, pinch the nose, seal and breathe until the chest rises. Can't give breaths? Just keep pushing.

5

Repeat 30:2. Do not stop.

Until the AED tells you otherwise, paramedics take over, or they show definite signs of life. Swap rescuers every 2 minutes.

30:2 at 100–120 per minute · 5–6 cm deep

In an emergency call 999