

# How to Perform

# CPR ON AN ADULT\*



**Do a primary survey first!**

**Make sure the scene is hazard-free before entering.**

**If it is safe, check the casualty's airway, breathing and circulation.**



# DIAL 911

**AND BEGIN CARDIOPULMONARY RESUSCITATION (CPR)**

**Alternate between two rescue breaths and 30 chest compressions until the casualty regains consciousness or paramedics arrive.**

## RESCUE BREATH

1

If the casualty is not breathing, roll them onto his or her back.

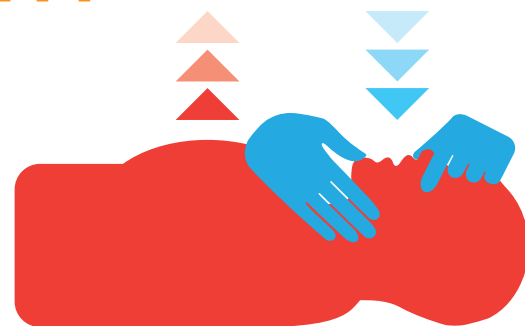
2

Kneel beside the casualty's chest.

3

Tilt the head backwards to open the airway by placing one hand on casualty's forehead and the other under his or her chin.

4



Pinch the casualty's nostrils shut, and breathe into his or her mouth twice until the chest rises. The casualty's chest should rise and fall as you deliver breaths.

## CHEST COMPRESSION

1

Place your dominant hand over the other hand, palms down. Intertwine the fingers of your dominant hand with the ones on your other hand.

2

With your hands in this position, place the heel of your palm in the centre of the casualty's chest. This is normally a line between the armpits. Ensure hands are in the center of the ribcage.

3

Lock your elbows and use all of your strength and bodyweight to sharply compress the casualty's chest by at least two inches. Then, release the pressure. A single compression should take 1 second.



4

Continue CPR until rescue arrives, or there are signs of life.

**To learn CPR, sign up for a CPR & Emergency First Aid training course over the phone, at your local St. John Ambulance branch or at [sja.ca](http://sja.ca)**