

ADULT CPR



HEARTSafe Community
Manawa Ora

Danger

Ensure you and others are safe.

Response

Check for response: "Can you hear me?"

Send for help

Dial 111 and ask for ambulance.

Airway

Tilt the head back and lift the chin.

Breathing

Look for normal breathing.

Commence CPR

Place your hands in the centre of chest.

Push down hard 30 times,
then give 2 breaths.

Attach AED if available.

Continue CPR

Continue cycle of 30 compressions
and 2 breaths.



ASB

