

CPR ((Quick Reference))

CPR: CARDIOPULMONARY RESUSCITATION

STEP

1



CALL 999
AMBULANCE SERVICE.

STEP

4



CHECK CAROTID PULSE.

STEP

2



TILT HEAD, LIFT CHIN,
CHECK BREATHING.

STEP

5



IF THERE IS NO PULSE,
BEGIN CHEST COMPRESSIONS.
POSITION HANDS IN THE
CENTER OF THE CHEST.

STEP

3



GIVE TWO BREATHS.

STEP

6



FIRMLY PUSH DOWN 2 INCHES
ON THE CHEST 30 TIMES
(RATE : 80 - 100 PER MINUTE)
TO EVERY 2 FULL BREATHS.

CONTINUE UNINTERRUPTED UNTIL
ADVANCED LIFE SUPPORT IS AVAILABLE.

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