

# Cardiopulmonary Resuscitation (CPR)

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## Standard First Aid CPR guidelines (adults & children)

Complete steps of ESM as usual:

Airway check: head tilt-chin lift

Breathing: 2 breaths at 1second/breath

Compressions: in the centre of the chest, between the nipple line

- Rate of 100/minute
- Ratio of 30:2 (compressions to ventilations)
- Depth of 1 ½ to 2 inches (adult) or 1/3 to ½ the depth of the chest (child)

## Standard First Aid CPR guidelines (infants)

Complete steps of ESM as usual:

Airway check: head tilt-chin lift

Breathing: 2 breaths at 1second/breath

Compressions: 2 fingers, just below the nipple line

- Rate of 100/minute
- Ratio of 30:2 (compressions to ventilations)
- Depth of 1 ½ to 2 inches (adult) or 1/3 to ½ the depth of the chest (child)

Scene Survey

Primary Survey

