RESUSCITATION COUNCIL OF SOUTHERN AFRICA

2021

CPR for Everyone

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HAZARDS

Ensure safety

HELLO

Tap and shout: 'Are you okay?'

Is the person:
Awake?
Breathing?
Call for help?

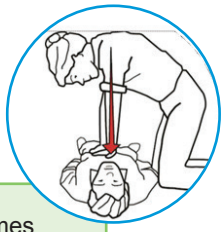
HELP

Local Ambulance: ……..……
Cellphone: 112
Landline: 10177

Awake or breathing normally?

- Roll patient on their side
- Keep checking for breathing until help arrives

Not awake and not breathing normally?



- Push on the middle of the chest 30 times
- Push hard and fast (2 per second)
- Give 2 breaths

AED

- Use AED when it arrives

KEEP DOING CPR UNTIL HELP ARRIVES

If unable to give breaths, push on the chest repeatedly
Rescue breaths are especially important in the rescue of children and infants

How to use an AED

- Switch "On"
- Follow the voice prompts
- Stand clear when analysing
- Ensure no one is touching the patient, then press the shock button if prompted
- Immediately start CPR after shock delivered, starting with chest compressions