

# Cardio-Pulmonary Resuscitation (CPR) with Ruth Compton

There are three stages to CPR, **A**irway, **B**reathing & **C**irculation (**ABC**)

## Airway

To open the airway, lift the chin with one hand while pushing down the forehead with the other hand, tilt the head back. Once, the airway is open, look for chest movement and listen and feel for breathing by placing an ear close to the person's mouth.

## Breathing

If, after opening the airway, the person does not begin to breathe spontaneously, artificial respiration should be started.

- Tilt the head back, lift up the chin and
- Pinch the nostrils together,
- Seal your mouth over the person's mouth and, looking at the chest, take a deep breath,
- Breathe slowly but firmly into the person's mouth, checking that their chest rises,
- Repeat until the person starts breathing, or assistance arrives.

## Circulation

If there are no signs of heartbeat or pulse (circulation) you should start external chest compressions. To do this:

- Locate the person's sternum (breastbone), where the rib cage divides.
- Place the heel of your hand in the middle of the person's chest just above the sternum) and put the heel of your other hand on top of this first.
- Interlock your fingers and using the heel of your hand, press downwards firmly and quickly, approximately 4-5 centimetres, while keeping your elbows straight.
- After each compression, release the pressure on the chest without taking your hands off the breastbone.

The rate of compressions should be about two compressions every second or approximately 100 compressions per minute. Do 30 compressions and then give 2 breaths. Repeat until help arrives or the person's heart starts to beat.

				
1. RING 112	2. TILT HEAD LIFT CHIN CHECK BREATHING	3. GIVE TWO BREATHS.	4. POSITION HANDS IN CENTRE OF CHEST.	5. FIRMLY PUSH DOWN TWO INCHES ON THE CHEST 30 TIMES