



# First Aid: Adult CardioPulmonary Resuscitation

This video was created in partnership with:

First Aid

Cardiopulmonary Resuscitation - Adult

In this video, you will learn how to perform cardiopulmonary resuscitation following cardiac arrest in an adult

First Aid techniques:

1 - State of consciousness?

If the person loses consciousness, call for help if you are alone

Lay them on their back

2 - Normal breathing?

Check that the casualty is still breathing by placing one hand on their forehead, and the fingers of your other hand beneath the tip of their chin

Gently tilt their head back and lift their chin to open their airways

If you see no breathing movement, hear nothing, nor feel their breath on your cheek the casualty is not breathing

3 - Alert the emergency services

Call the emergency services and, only if there is one nearby, go and fetch a defibrillator

4 - Defibrillator?

If there are other people around you, ask someone else to fetch a defibrillator

5 - Cardiopulmonary Resuscitation

In the absence of a defibrillator, or whilst waiting for someone to arrive with one, begin cardiopulmonary resuscitation

To do this, place the heel of the palm of your hand in the middle of the casualty's bare chest

Place your other hand on top of this hand, and interlock your fingers

Position yourself directly above their chest with your arms straight

Cardiopulmonary Resuscitation

30 Chest compressions

Press down on the chest to a depth of between 5-6cm (2in) with both hands,

Maintain a rhythm of 2 compressions per second

2 Rescue breaths

Alternate 30 chest compressions with 2 rescue breaths, but only if you know how to do them

Or

Chest compressions

Otherwise perform chest compressions only

If you perform mouth-to-mouth breathing, do not forget to tilt the head back before each rescue breath and be sure to check that the casualty's chest inflates

Continue cardiopulmonary resuscitation without stopping until: the victim begins to breathe normally, or the emergency services arrive, or a defibrillator is brought to the scene

Adult Cardiopulmonary Resuscitation

In the first minutes immediately after cardiac arrest, the victim may breathe weakly or take irregular, noisy gasps

These are known as gasps and should not be confused with normal breathing.

<https://www.sikana.tv/en/health/first-aid/first-aid-adult-cardiopulmonary-resuscitation>