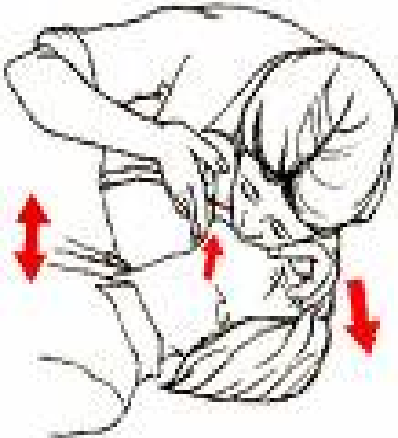




# HOW TO DO CPR - ADULT



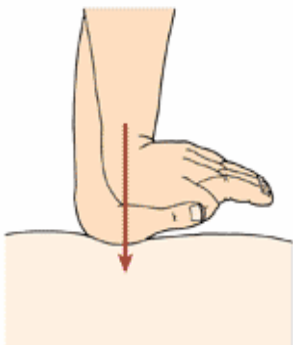
1. Check for responsiveness. Shake or tap the person gently. See if the person moves or makes a noise. Shout, "Are you OK?"
2. Call 911 if there is no response. Shout for help and send someone to call 911. If you are alone, call 911 even if you have to leave the person. Carefully place the person on his or her back on a hard surface.
3. A – open the airway by tilting the head back and lifting the chin. B - Look, listen, and feel for breathing. Place your ear close to the person's mouth and nose. Watch for chest movement. Feel for breath on your cheek. Spend no more than 10 seconds checking for breathing. Occasional gasps is not normal breathing.
4. If the person is not breathing:



- Keep the airway open by tilting the head and lifting the chin.
- Gently pinch the nose closed using the hand on the person's forehead
- Take a normal breath and put your lips around the person's mouth making an airtight seal.
- Give two breaths (one second for each breath) – take a normal breath for yourself after each breath you give.
- The person's chest should rise with each breath you give – if the chest does not rise, reposition the patient's head. If you still cannot get air into the person, the airway may be blocked – if you see something in the person's mouth, carefully scoop it out with your finger

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## 5. Perform chest compressions:



- Kneel beside the person's chest
- Place the heel of one hand on the breastbone -- right between the nipples
- Place the heel of your other hand on top of the first hand
- Position your body directly over your hands. Your shoulders should be in line with your hands. DO NOT lean back or forward. As you gaze down, you should be looking directly down on your hands
- Give 30 chest compressions at a rate of 100/minute (almost 2 compressions per second). Each time, press down about 1 1/2 - 2" into the chest. These compressions should be fast and hard with no pausing. Allow the chest to relax completely between compressions while leaving your hands on the chest in the correct hand position.

6. After 30 compressions, quickly move up to the person's head. Open the airway by tilting the head and lifting the chin. Give two breaths (about one second each).

7. Give 30 compressions and two rescue breaths. Keep doing this until the person starts to move around, and automated external defibrillator (AED) arrives, you become too fatigued to carry on, or EMS/other caregivers arrive to relieve you.

8. If the person begins to respond or move around, stop CPR. Carefully turn the patient on his/her side if there are no signs of head or neck injury. Support the head and neck as you turn the person onto his/her side. Place his/her lower arm out in front of him/her in the recovery position. If there are signs of head/neck injury, leave the person on his/her back and hold the airway open.



## Key points:

1. Do not delay CPR.
2. Use an AED if available.
3. When giving chest compressions, push hard and push fast.
4. Take a CPR course (contact your nearest Heart and Stroke Foundation office).

If you have any concerns or questions regarding Emergency Medical Services please contact Hamilton Emergency Services – EMS at 905 540-5782, weekdays between 8:00am and 4:00pm or visit our web-site at

[www.hamilton.ca/EMS](http://www.hamilton.ca/EMS)