



St. John Ambulance

How to Perform

CPR ON AN ADULT*



Do a primary survey first!

Make sure the scene is hazard-free before entering.

If it is safe, check the casualty's airway, breathing and circulation.

DIAL 911

AND BEGIN CARDIOPULMONARY RESUSCITATION (CPR)

Alternate between two rescue breaths and 30 chest compressions until the casualty regains consciousness or paramedics arrive.

RESCUE BREATH

1

If the casualty is not breathing, roll them onto his or her back.

2

Kneel beside the casualty's chest.

3

Tilt the head backwards to open the airway by placing one hand on casualty's forehead and the other under his or her chin.

4



Pinch the casualty's nostrils shut, and breathe into his or her mouth twice until the chest rises. The casualty's chest should rise and fall as you deliver breaths.

CHEST COMPRESSION

1

Place your dominant hand over the other hand, palms down. Intertwine the fingers of your dominant hand with the ones on your other hand.

2

With your hands in this position, place the heel of your palm in the centre of the casualty's chest. This is normally a line between the armpits. Ensure hands are in the center of the ribcage.

3

Lock your elbows and use all of your strength and bodyweight to sharply compress the casualty's chest by at least two inches. Then, release the pressure. A single compression should take 1 second.



4

Continue CPR until rescue arrives, or there are signs of life.

To learn CPR, sign up for a CPR & Emergency First Aid training course over the phone, at your local St. John Ambulance branch or at sja.ca