



St John

**Saving Lives –
at Work, Home
and Play**

One Rescuer CPR

Adult / child casualty



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1. Assess the casualty's responsiveness. Tap them on the shoulder and call out "Are you OK?" If there is no response then;
2. Send or go (call) for medical help.
3. Place casualty face up (be sure to protect their neck and head during any movement). Open the airway by pushing backward on their forehead and lift the chin.
4. Check for signs of breathing i.e. rise/fall of chest, movement, coughing. If casualty is not breathing, or only gasping, then;
5. Make sure the casualty is on a firm surface and position your hands in the centre of the chest to begin chest compressions - START CPR.
6. Give 30 compressions – Push hard, push fast. (At least 100/min)
7. Count compressions aloud to keep track of how many you have given and to help keep a steady rhythm.
8. If a barrier device (face shield or mask with a breathing valve) is available, use it now.
9. Give 2 ventilations: Take a normal breath and seal your mouth around the casualty's mouth. Pinch their nostrils together and blow in just enough to get the chest to rise.



Continue alternating 30 compressions and 2 ventilations until either;

- An AED (Automated External Defibrillator) is applied, or
- The casualty starts to respond, or
- Another first aider or medical help takes over, or
- You are exhausted and cannot continue.

EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....