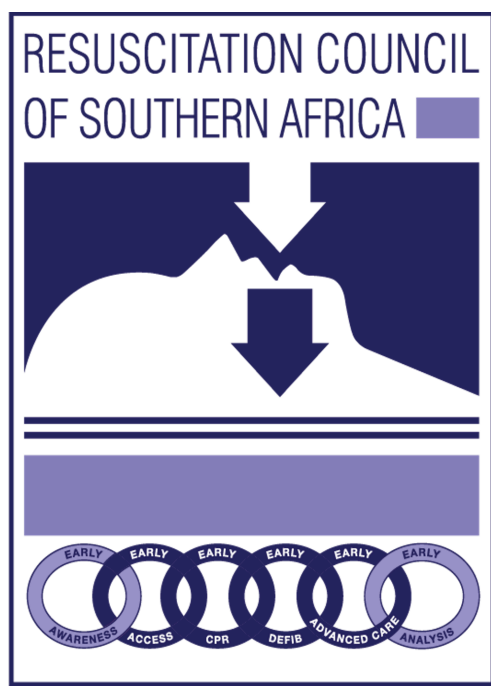


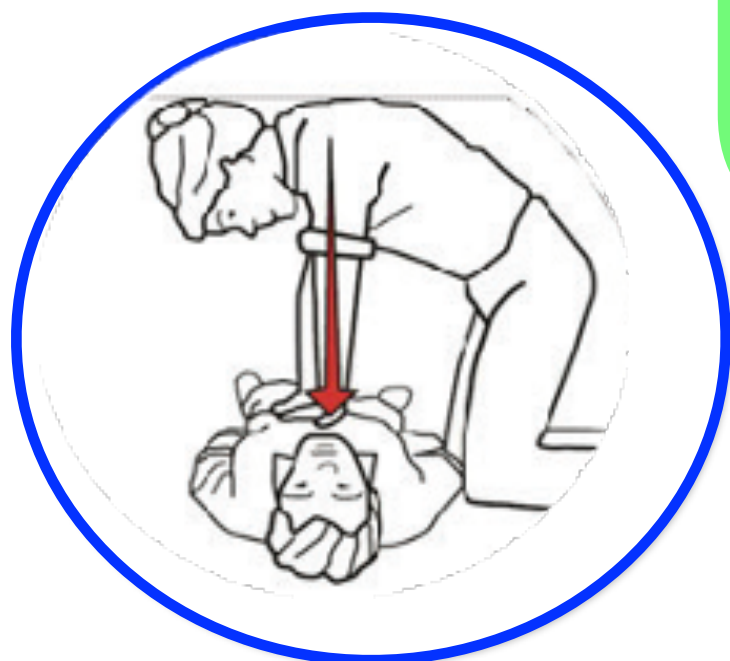


2025

CPR for Everyone



2025



**KEEP DOING
CPR UNTIL
HELP ARRIVES**

HAZARDS

Ensure safety for you and the patient



HELLO?

"Are you OK?"
Check if responding and breathing



HELP!

Local Ambulance: _____
Cellphone: **112**
Landline: 10177

**Not responding and
not breathing normally**



START CPR

Push on the middle of the chest 30 times
Push hard and fast (2 per second)
Give 2 breaths*
Repeat 30:2 without interruption



AED

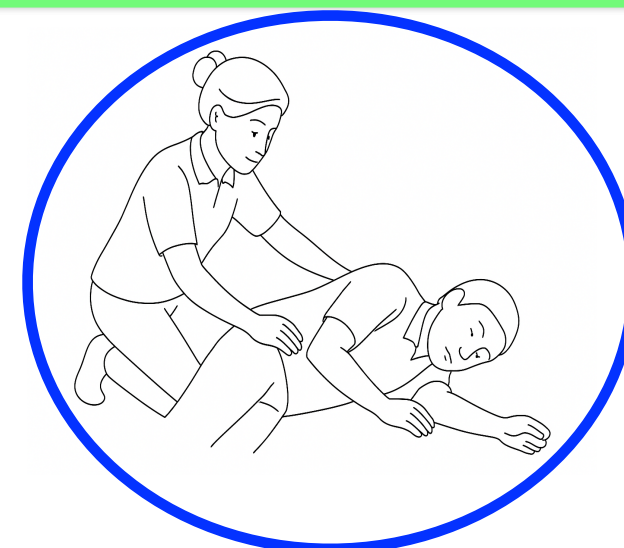
Use AED when it arrives

**Not responding
but breathing normally**



MONITOR

Roll patient on their side / Recovery position
Keep checking for breathing
If person stops breathing, start CPR



How to use an AED

- Switch "On"
- Follow voice prompts
- Expose chest and apply the stick-on pads as shown on pads
- Stand clear when analysing
- When prompted to SHOCK, ensure no one is touching the patient, then press the SHOCK button
- Immediately start CPR after shock delivered, starting with chest compressions

*HANDS ONLY

If unable to give breaths, push on the chest repeatedly.
Rescue breaths are important in the rescue of children and infants