

## Compression-only CPR

(For witnessed sudden collapse of an adult)

**1. Check    2. Call    3. Compress    4. Continue**

Ensure the environment is safe for you, the victim and any bystander.	
Check the victim and call for help.  a. Tap the shoulder and shout, ‘Are you okay?’ and quickly check for breathing.  b. If there is no response, no breathing or abnormal breathing, call for help and dial 999.	<b>1</b> <b>2</b>
Begin chest compressions.  a. Place the heel of one hand on the center of the chest.  b. Place the heel of the other hand on top of the first hand and interlock fingers of both hands.  c. Keep the arms straight, position your shoulders directly over your hands.  d. Push hard, push fast.  ✓ Compress the chest at 5 – 6 cm deep. ✓ Compress at 100 – 120 times per minute. ✓ Let the chest rise completely before pushing down again.	<b>3</b>
Continue until  e. the EMS or another rescuer arrives.  f. there are signs of life e.g. spontaneous breathing.  g. you are too exhausted.  h. an AED arrives.  i. the environment becomes unsafe.	<b>4</b>