



Safety and Security Solutions

Ph: 087 644 4497 Email: info@securitysafety.ie  
**www.securitysafety.ie**

# CPR Chart

## Resuscitation Skills

Defibrillators & First Aid Training  
 Helping ordinary people do Extra-ordinary things



### Hands Only CPR for the untrained

- **Check**, response
- **Call** 999 / 112
- **Compress** on chest

Provide hands-only CPR. That means uninterrupted chest compressions to the beat of the song **Stayin Alive** until paramedics arrive or more help. You don't need to try rescue breathing.

### Infant CPR (0-1 year old)

follow the **CAB** procedures

- **Compress** on chest  
1.5 inches



Give **Breaths** adequate for chest rise

## Basic Life Support for Healthcare Providers

Emphasis on high-quality CPR including a team approach

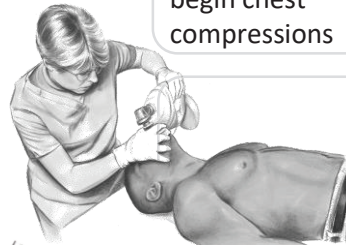
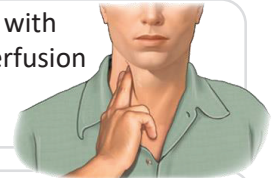


### Compressions

- Push hard & fast x 30 times
- At least 2 inches. Allow chest recoil
- Rate of 100 /120 beats per minute

### Pulse Check

<60 per minute with signs of poor perfusion begin chest compressions



### B.V.M

Bag Valve Mask  
- Barrier Device



### Airway

- Open the person's airway using the head-tilt, chin-lift technique

Advanced Airway Tube



### Infant CPR

- Single Rescuer 30:2
- **2 person**  
- CPR Ratio 15:2



### Choking



### Breathing

- Give 2 breaths, 1 second each
- Adequate for chest rise
- Resume chest compressions



### Automatic External Defibrillator

- Use AED if available. Switch on & follow voice prompts
- Attach pads. Everybody stand clear when analysing
- Clear again if shock is required.
- Continue CPR, if needed

### Child CPR

Use 1 or 2 hands (1-8 years old)  
 If alone, perform 5 cycles of compressions and breaths on the child before activating EMS

To learn BLS properly, take an accredited first-aid training course.



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# CPR Chart

## Resuscitation Skills

If you are not trained in CPR, then provide hands only CPR

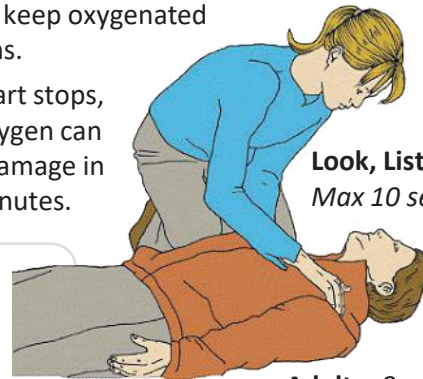


Cardiopulmonary resuscitation (CPR) can keep oxygenated blood flowing to the brain and vital organs.

### Scene Safety

- Check for hazards
- Gloves on

When the heart stops, the lack of oxygen can cause brain damage in only a few minutes.



**Look, Listen, Feel**  
 Max 10 seconds

### Check Response

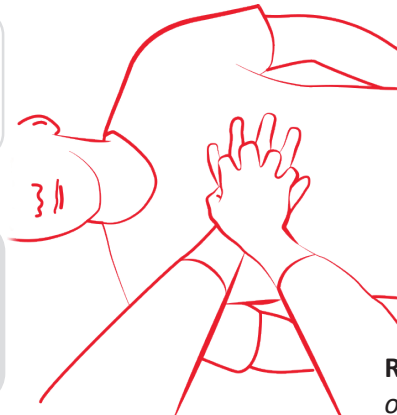
- Tap & Shout. Are you ok?
- Look for no breathing

Adult = 8+ years old  
 Child = 1-8 years



### Activate EMS

- Call 999 / 112
- Send for a defibrillator



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### Compressions

- Push hard & fast x 30 times
- At least 2 inches or 5 cm deep
- Rate of 100/120 beats per minute

**Ratio 30:2**  
 on a firm surface  
 Use CPR mask

**Chain of Survival**  
 Call 999 - CPR - AED - ACLS



### Airway

- Open the person's airway using the head-tilt, chin-lift technique



### Breathing

- Give 2 breaths, 1 second each
- Adequate for chest rise
- Resume chest compressions



### Automatic External Defibrillator

- Use AED if available. Switch on & follow voice prompts
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