

A GUIDE TO CPR

St John Ambulance NSW

1. Compressions

Place the heel of one hand on the lower half of the sternum and the heel of your other hand on top of the first hand. With your arms straight, press down on the patient's chest until it is compressed by about one-third.

2. Breaths

Place your lips over the patient's mouth, ensuring a good seal.
Blow steadily for about 1 second, watching for the chest to rise.

3. Effective CPR

30 compressions: 2 breaths

Continue until medical help arrives or the patient begins breathing.

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