

7 Steps to CPR

DRSABCD

D = Danger

Ensure the area is safe for yourself, bystanders and the patient

R = Response

Check for a response – ask name- squeeze shoulders IF NO RESPONSE

S = Send for help

Call 999 for an ambulance

A = Airway

Open airway- Tilt the head and lift the chin

B = Breathing

Check for breathing- look, listen and feel IF NOT BREATHING NORMALLY

C = CPR

Start CPR- Start chest compressions and rescue breaths 30:2 until help arrives

D = Defibrillation

Apply defibrillator if available and follow voice prompts

CHEST COMPRESSIONS

- Heel of one hand in the centre of chest (lower half of sternum)
- Other hand on top, fingers interlocked
- Press down 5–6 cm, at 100–120/min
- Allow full recoil

RESCUE BREATHS

- Head tilt–chin lift, pinch nose, seal lips, give 2 breaths (~1 sec each)
- Watch for chest rise

Scan to download DRSABCD:



To simply donate to the community programme or find out more go to:
www.tobe-heartsafe.org.uk

For booking and programme enquiries please speak to Kerry on:

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