

A Pictorial Guide to CPR: 10 Important Steps

The steps described below can be used on anyone above eight years of age. Dr Chee Teck Siong, Medical Director, Singapore Heart Foundation, emphasizes that for children below one year old, you need to know infant CPR that is completely different. For those between one and eight years old, the variant is to use one hand instead of two hands, and the depth of compression should not be as much as the adult.



Step 1: Check responsiveness.



Step 2: Activate Emergency Medical Services, "Help, call 995 for ambulance".



Step 3: Open the airway by performing a Head tilt-chin lift Manoeuvre.



Step 4: Check airway by opening the mouth gently to look for any visible foreign bodies. Remove any obvious obstructing foreign bodies with a hooked index finger.



Step 5: Check for breathing. Look, listen, feel.



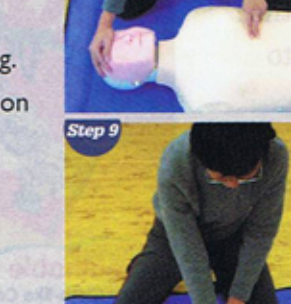
Step 6



Step 7



Step 8



Step 9



Step 10

Step 6: Perform 2 mouth-to-mouth breathing when there is no spontaneous breathing.

Step 7: Check carotid pulse or signs of circulation (i.e. breathing, movement, consciousness and coughing).

Step 8: Locate hand position for chest compression.

Step 9: Place heel of hand next to index finger of the other hand.

Step 10: Interlace the fingers of both hands and lift fingers off chest wall. Perform chest compressions by 4-5cm, at rate of 100 per minute. Perform 30 compressions to 2 breaths. Assess the victim for pulse and signs of circulation and breathing after 5 cycles of CPR 30:2.