



CPR & AED USE GUIDE

Fast action can save a life.



CHECK THE SCENE

Check the scene for safety before approaching.



CALL

Call emergency services immediately.



AED

Get an AED as soon as possible.



CARE

Start CPR and use the AED as directed.

CPR – 30 COMPRESSIONS, 2 BREATHS



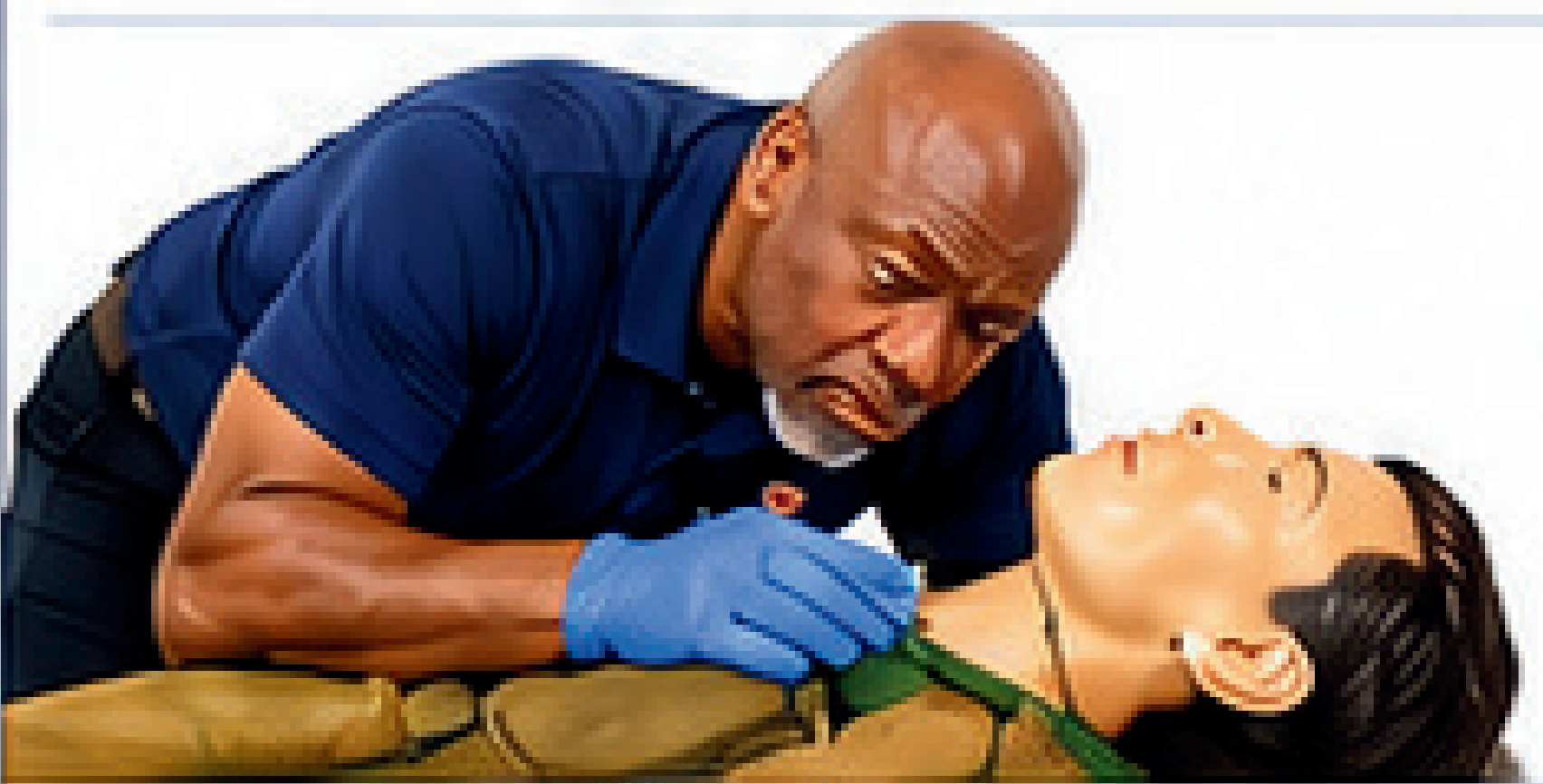
1 CHECK RESPONSE

Tap the person's shoulders and shout, "Are you OK?"



2 CALL FOR HELP

Call emergency services immediately and ask for an AED.



3 CHECK BREATHING

Look, listen, and feel for breathing for no more than 10 seconds.



4 START COMPRESSIONS

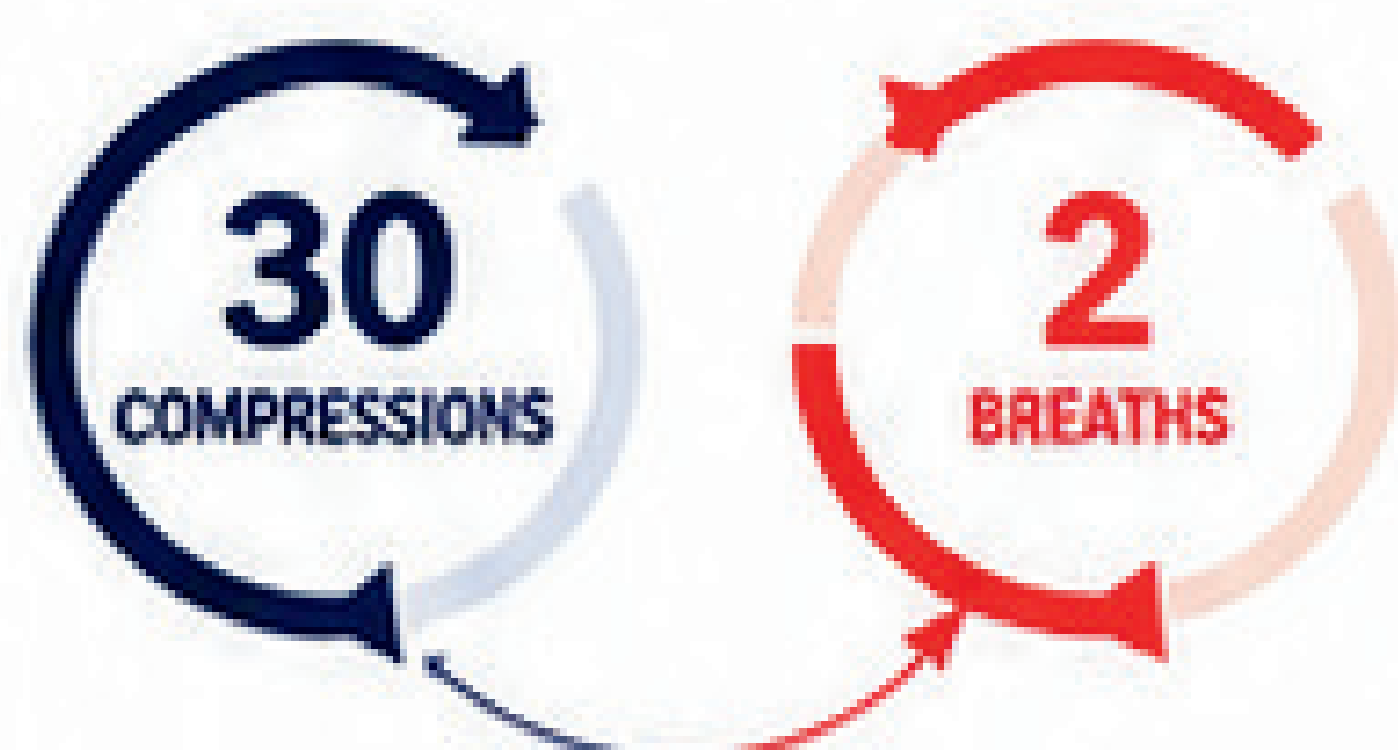
- Place hands in the center of the chest.
- Push hard and fast (5–6 cm / 2–2.4 inches) deep
- 100–120 compressions per minute.



5 GIVE 2 BREATHS

- Use a pocket mask (preferred).
- Tilt the head back and lift the chin.
- Give 2 breaths and watch for chest rise.

i Mouth-to-mouth is possible, but many rescuers prefer a barrier device such as a pocket mask.



6 REPEAT

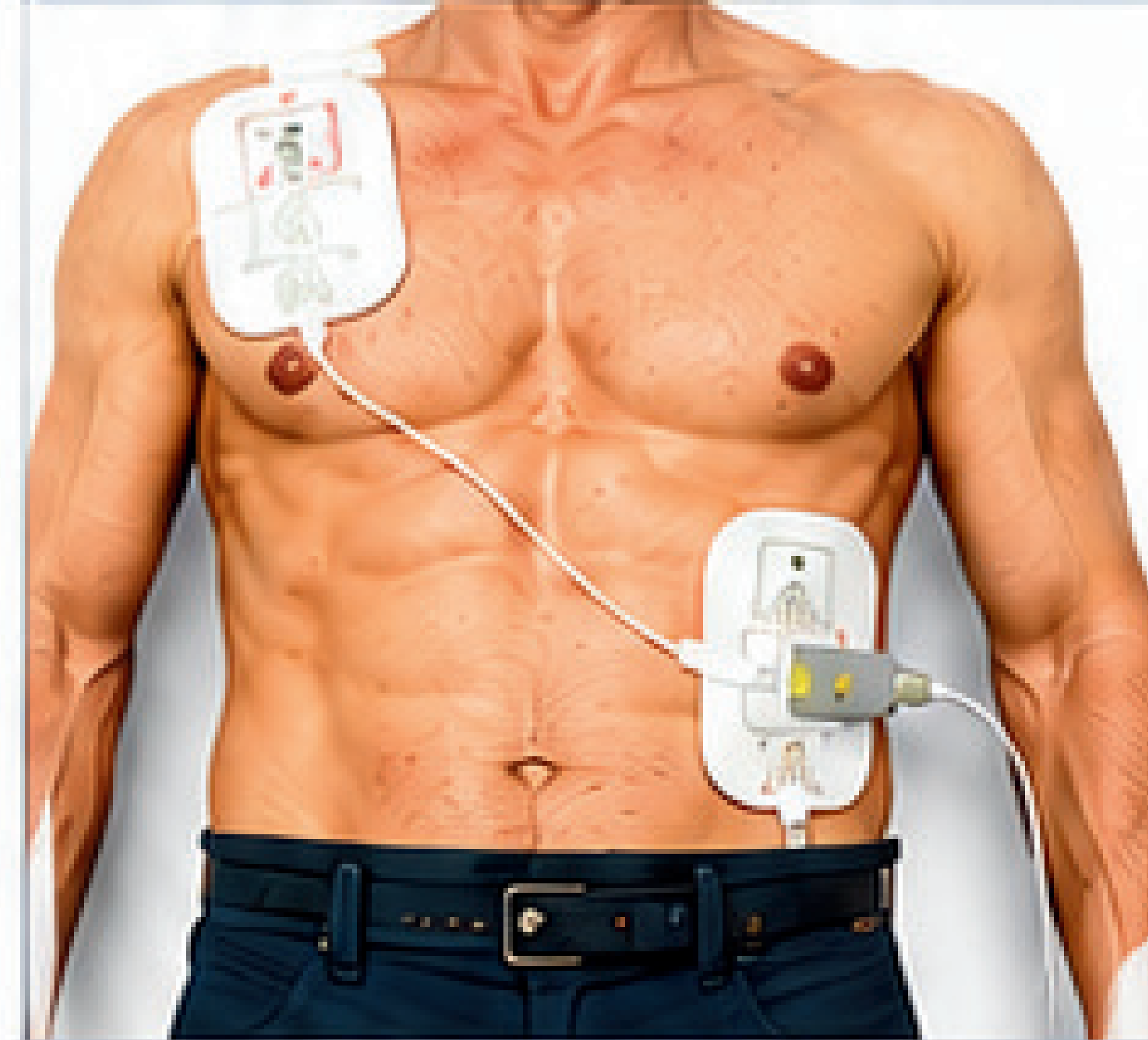
Continue cycles of 30 compressions and 2 breaths until help arrives or the person starts breathing.

AED – FOLLOW THE PROMPTS



1 TURN ON THE AED

Press the green ON button to turn on the AED.



2 ATTACH PADS

Place pads as shown:

- One pad on the upper right side of the chest (below the collarbone).
- The other pad on the lower left side of the torso.

! NOTE: Pay attention to medication patches. Remove only if directly under a pad.



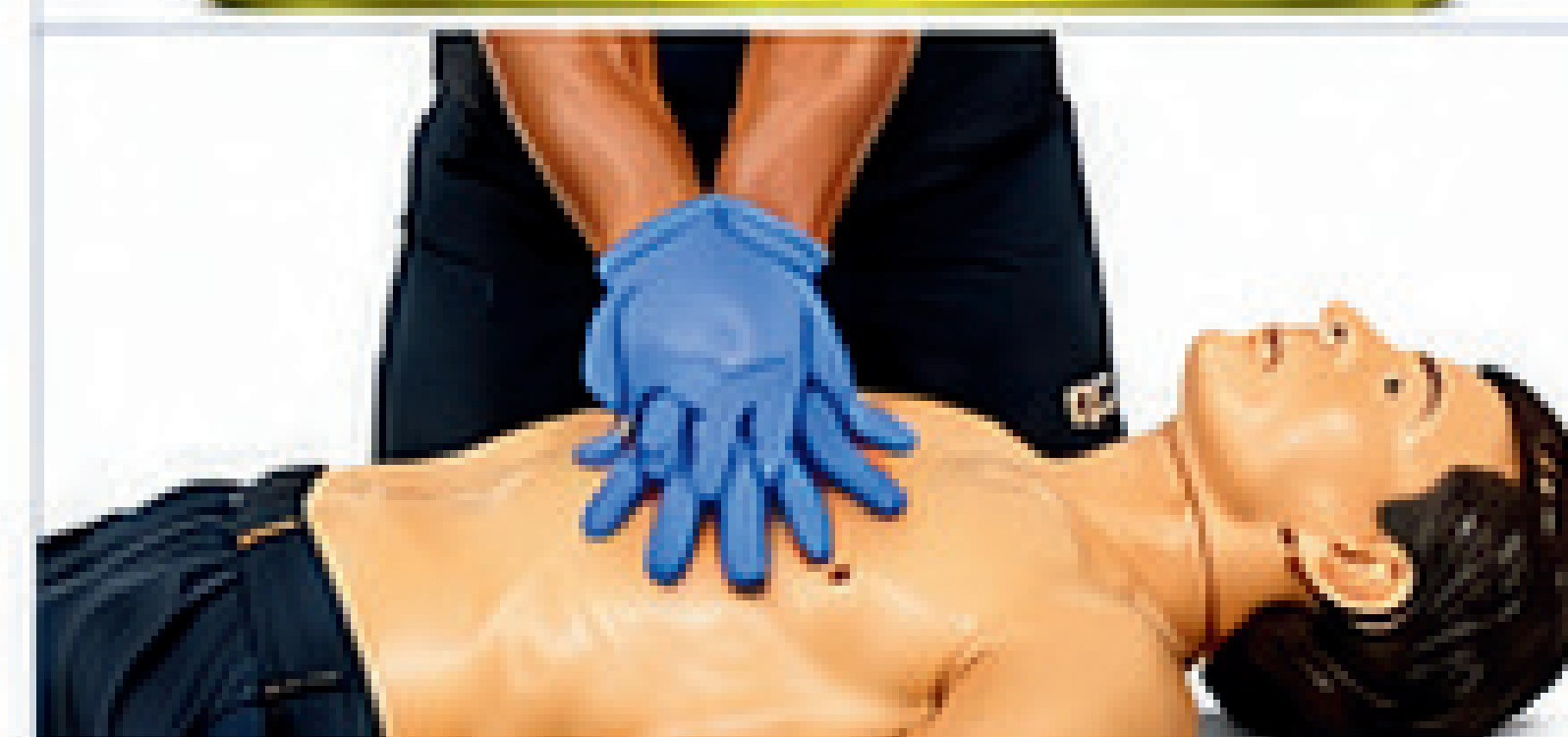
3 ANALYZE HEART RHYTHM

The AED will analyze the heart rhythm. Make sure no one is touching the person.



4 SHOCK IF ADVISED

- If a shock is advised:
- Ensure no one is touching the person.
 - Press the orange SHOCK button to deliver a shock.



5 RESUME CPR

Immediately resume CPR starting with compressions



6 FOLLOW PROMPTS

Continue to follow the AED voice prompts and repeat until help arrives or the person starts breathing.

IMPORTANT REMINDERS

- ✓ Push hard and fast (5–6 cm deep).
- ✓ Minimize interruptions in compressions.
- ✓ Use an AED as soon as it is available.
- ✓ Do not stop until help arrives or the person recovers.
- ✓ If available, switch rescuers every 2 minutes to maintain high-quality CPR.



**WHEN IN DOUBT,
CALL FOR HELP.**

Fast action can save a life.



QUICK FACTS

- CPR can double or triple a person's chance of survival.
- AEDs are safe and easy to use. They talk you through every step.
- Anyone can use an AED. No training is required to follow the voice prompts.

