



**1. RECOGNISE CARDIAC ARREST
AND START CPR**

**2. ALERT EMERGENCY MEDICAL
SERVICES**

3. START CHEST COMPRESSIONS

**4. GET AN AUTOMATED EXTERNAL
DEFIBRILLATOR (AED)**

5. LEARN HOW TO DO CPR

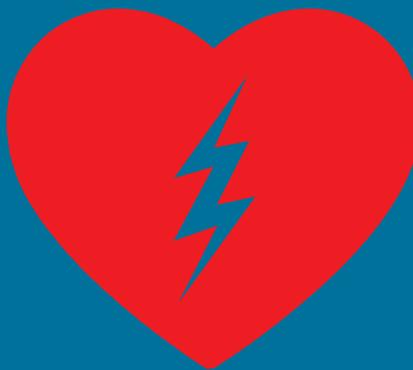


RECOGNISE CARDIAC ARREST AND START CPR

KEY EVIDENCE



Early recognition
of cardiac arrest
improves survival



Cardiac arrest is
diagnosed if person
is unconscious with
absent or abnormal
breathing

Agonal breathing and
seizures are common
immediately following
cardiac arrest and can
be confused as being
a sign of life leading
to delayed CPR

KEY RECOMMENDATIONS

If unconscious
and not breathing
normally - start CPR



NO, NO GO

Conscious - NO;

Breathing or breathing normally - NO;

GO - start CPR



ALERT EMERGENCY MEDICAL SERVICES

KEY EVIDENCE



"CPR first" strategy is associated with better outcome compared to "Call first" strategy, so shortening time to CPR is important



Availability and use of smart phones with speaker or hands-free options allow bystanders to call for help and start CPR simultaneously

KEY RECOMMENDATIONS



Alert the emergency medical services (EMS) immediately if a person is unconscious and not breathing/not breathing normally



If alone, dial the EMS number, activate the speaker or hands-free option to immediately start CPR while getting assistance from dispatcher



START CHEST COMPRESSIONS

KEY EVIDENCE



High quality chest compressions (fast and deep enough with minimal pauses) are associated with better survival



Chest compressions are safe, and there are very few reports of harm when CPR has inadvertently been given to persons not in cardiac arrest

KEY RECOMMENDATIONS



Place your hands at the center of the chest



Compress at a rate of 100-120 per minute at a depth of 5-6 cm

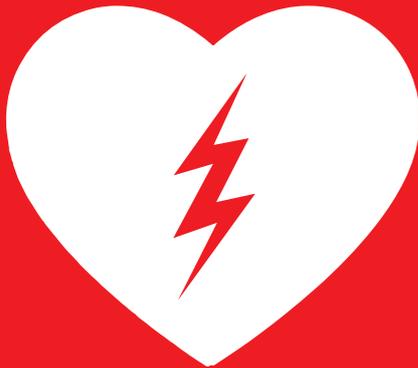


Don't stop until help arrives or the persons wakes up



GET AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

KEY EVIDENCE



Survival drops
dramatically with
each minute delay in
defibrillation



AEDs can be used
safely by bystanders
and first responders

KEY RECOMMENDATIONS



Get an AED as soon as
possible, turn it on AED
and follow instructions



If you are not alone, try to
minimize pauses in CPR by
having one person do chest
compressions while another turns
on and applies the AED

LEARN HOW TO DO CPR

KEY EVIDENCE



Bystander CPR improves survival from cardiac arrest, so learning how to recognize cardiac arrest and start CPR can save lives



The importance of early ventilation during cardiac arrest remains uncertain, but chest compressions should always be started as soon as possible

KEY RECOMMENDATIONS



Chest compressions should be given to any unresponsive person not breathing normally



When trained and able to provide mouth-to-mouth ventilations, you should start 30:2 CPR