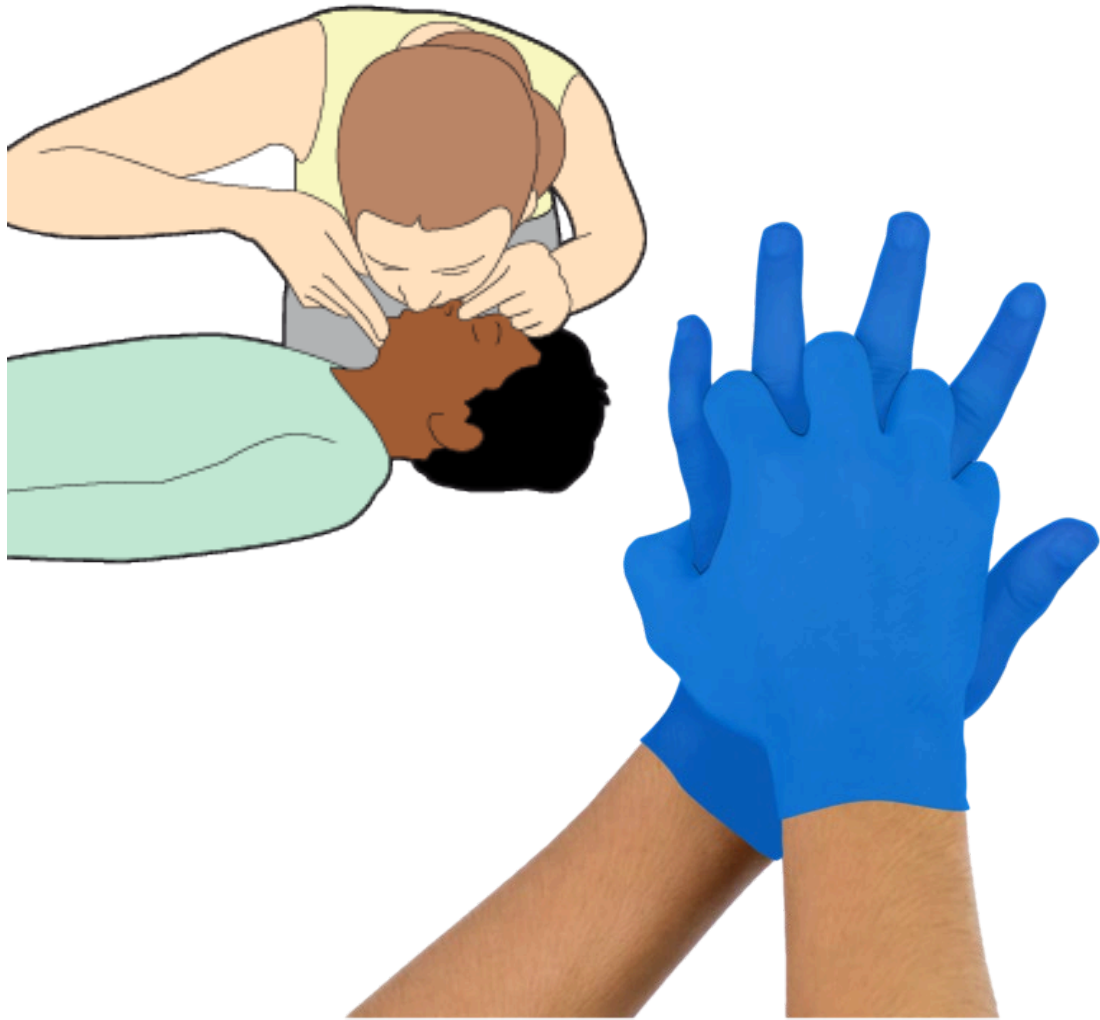




# How to give CPR to an adult



**Easy read booklet 2**

# Who we are and what this booklet is about



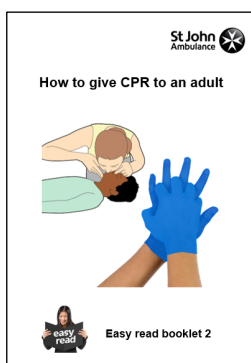
We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



**First aid** is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.

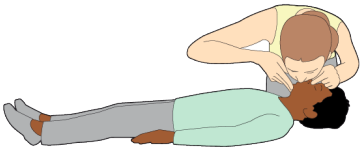


We have 8 booklets to help you learn how to give first aid.

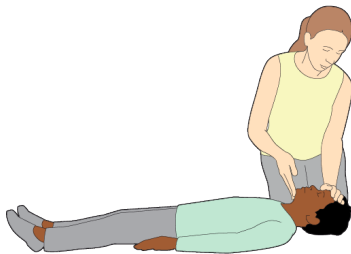


This booklet tells you how to give **CPR** to an adult.

# What CPR is



**CPR** is short for **Cardiopulmonary Resuscitation**.



CPR is a mix of **chest compressions** and **rescue breaths**.

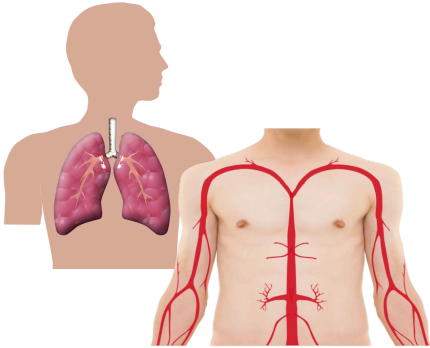


**Chest compressions** are when you use your hands to press down on someone's chest.

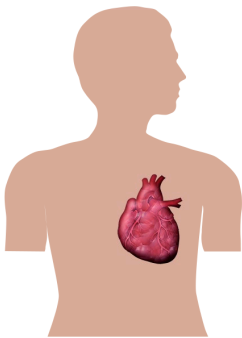


**Rescue breaths** are when you put your mouth over someone's mouth, and you blow your breath into them.

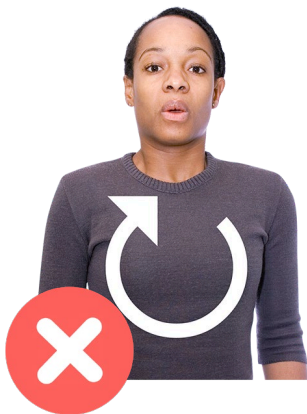
# How CPR helps



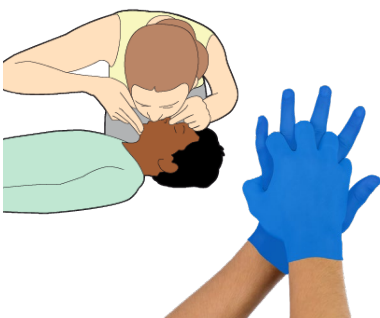
CPR helps pump blood and oxygen around the body after **cardiac arrest**.



**Cardiac arrest** is when the heart stops pumping blood around the body to important organs like the brain.



This also means oxygen cannot get around the body as oxygen moves around the body through blood.



Chest compressions help pump blood around the body and rescue breaths give oxygen.

# Chest compressions



Kneel down beside the adult and put 1 hand at the centre of their chest. Your fingers will be pointing to their nipple.



Place the heel of your other hand on top of this hand.



Interlock your fingers so your hand on top pulls the hand underneath up.



Lean over the adult with your arms straight and your hands on their chest.



Press down about 5cm on their chest, then let the chest come back up while your hands stay on their chest.

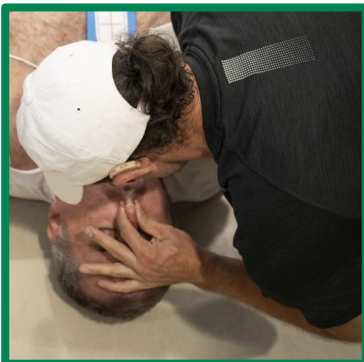
# Rescue breaths



Put 1 hand on their forehead and 2 fingers under their chin.

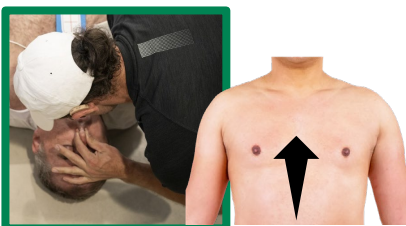


Then tilt their head back so the front of their neck is showing.

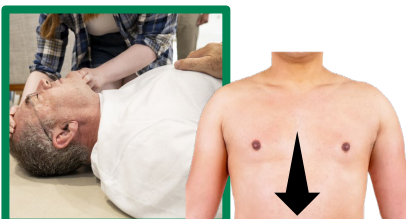


Pinch the soft part of their nose and let their mouth fall open.

Take a deep breath and put your mouth around their mouth.



Blow into their mouth. Make sure their chest goes up.

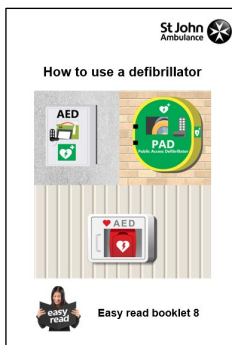


Take your mouth off their mouth. Make sure their chest goes down.

# How to give CPR to an adult



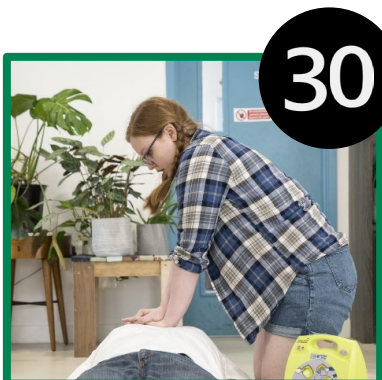
If someone is with you, ask them to call **999** or **112** and to bring you a **defibrillator**.



Booklet 8 tells you what a **defibrillator** is and how to use it.



If you are alone, do not worry about the defibrillator. Call **999** or **112** and put them on speakerphone so you can start **CPR**.



Start with 30 chest compressions. Put your hands in the middle of their chest and press down 30 times.



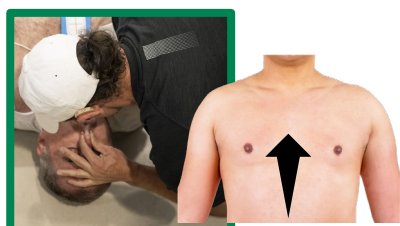
You should try to give 100 to 120 chest compressions in 1 minute.



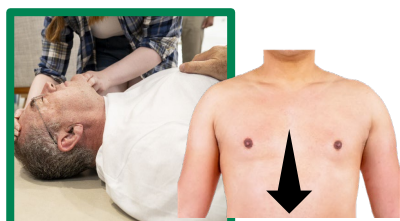
This is a lot of chest compressions in a short amount of time. Some people sing the song called 'Staying Alive' to stay in time.



After 30 chest compressions, give 2 rescue breaths. You should give 1 rescue breath every 1 second.



Make sure their chest goes up when you blow into their mouth and goes down when you take your mouth off their mouth.



If you do not want to give rescue breaths, you can just keep giving chest compressions.



# When to stop CPR



Keep giving 30 chest compressions and 2 rescue breaths until 1 of these happen

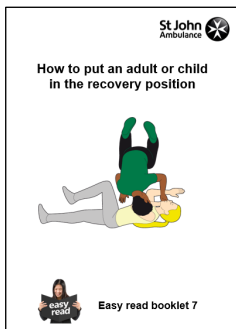
- a health expert comes
- you are too tired to keep going
- they start breathing normally.



If someone is with you, take it in turns to do 1 or 2 minutes of CPR each.



If the adult starts to breathe normally by themselves, you can put them in the **recovery position**.



Booklet 7 tells you how to put an adult or child in the **recovery position**.

**Thank you for reading booklet 2**

Thank you to A2i for the words  
**[www.a2i.co.uk](http://www.a2i.co.uk)** (reference 368711)