

FIRST AID FOR TEACHERS: CPR



CPR stands for cardiopulmonary resuscitation. It combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest or respiratory problems.

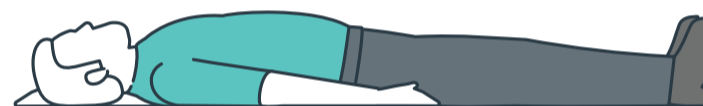
1

Call 999



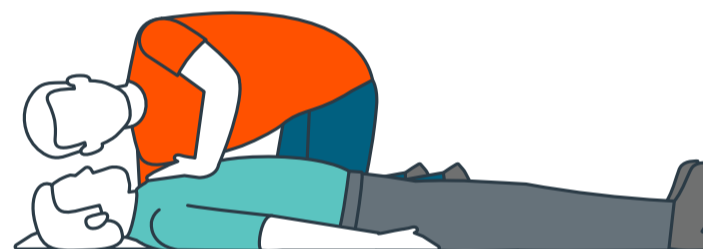
2

Lay the student on their back and open their airways



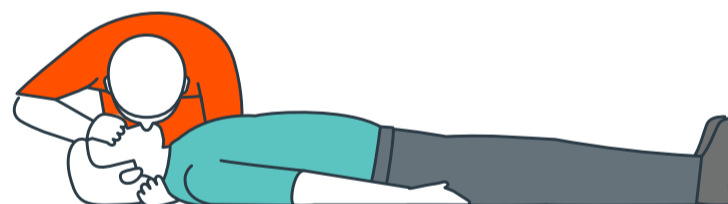
3

If they are not breathing start CPR



4

Five rescue breaths



5

30 chest compressions
100-120 per minute



6

Repeat steps 4 and 5 until
ambulance or AED arrives

