



# Naomh Seosambh Lann Abhaigh



## CARDIO PULMONARY RESUSCITAION - (CPR)



1.	Check for danger and take appropriate action if it is evident. Call for additional HELP – Phone 999. Confirm that ambulance has been called.
2.	Check for a response by asking casualty questions and shaking shoulders.
3.	Open the casualty's airway by tilting head and lifting chin.
4.	Check for breathing (10 seconds).
5.	Remove any obvious obstructions from casualty's mouth if evident.
6.	Ventilate the casualty.
7.	Check for circulation for (10 seconds).
8.	Establish that chest compressions are necessary.
9.	Perform chest compressions in the correct chest area (100 per minute) and correct depth (4-5cms) .
10.	Perform CPR to the correct Ratio – i.e. (15 x 2).
11.	Recheck the circulation.
12.	Use appropriate hygiene procedures.