

# ADULT RESUSCITATION REFERENCE CHART

# 1

## DANGER



Assess the situation to make sure the victim, any bystanders, and you are safe.

## RECOVERY POSITION

- Remove the victim's glasses, if present.
- Kneel beside the victim and make sure that both his legs are straight.
- Place the arm nearest to you out at right angles to his body, elbow bent with the hand palm-up.
- Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you.
- With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.
- Keeping his hand pressed against his cheek, pull on the far leg to roll the victim towards you on to his side.
- Adjust the upper leg so that both the hip and knee are bent at right angles.

# 2

## RESPONSE

Are you alright?



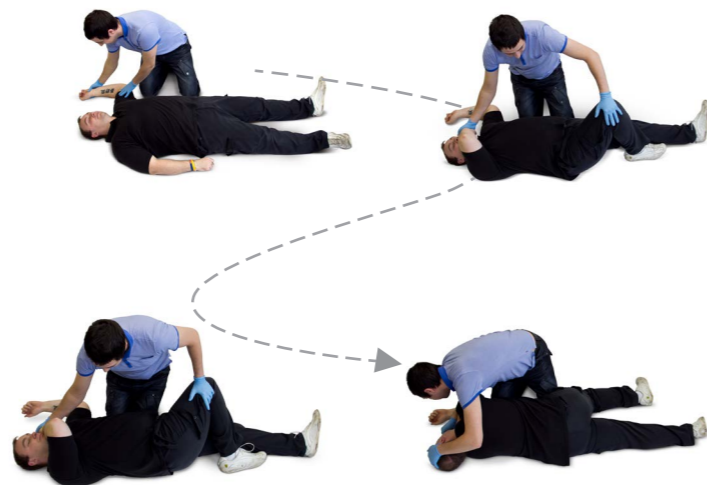
- Gently shake the casualty's shoulders and ask loudly, 'Are you alright?'

If the casualty is breathing normally:

- Turn him into the **recovery position**
- Summon help from the ambulance service by mobile phone. If this is not possible, send a bystander. Leave the victim only if no other way of obtaining help is possible.

- Tilt the head back to make sure that the airway remains open.
- If necessary, adjust the hand under the cheek to keep the head tilted and facing downwards to allow liquid material to drain from the mouth.
- Check breathing regularly.

If the victim has to be kept in the recovery position for more than **30 min** turn him to the opposite side to relieve the pressure on the lower arm.



# 3

## AIRWAY



- Place your hand on the casualty's forehead and gently tilt the head back.
- With your fingertips under the point of the victim's chin, lift the chin to open the airway.

# 4

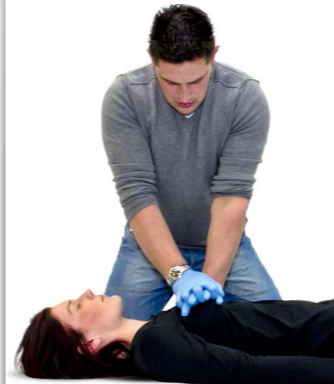
## BREATHING



- Keeping the airway open, look, listen, and feel for normal breathing for no longer than 10 seconds.
- Look for chest movement.
- Listen at the victim's mouth for breath sounds.
- Feel for air on your cheek.

# 5

## CPR



**30 TO 2**



If the casualty is not breathing normally or you are unsure:

- Ask someone to call 999 or 112 for an ambulance and bring an Automated External Defibrillator (AED) if available.
- If you are on your own, use your mobile phone to call **999** or **112** for an ambulance. Only leave the victim when no other option exists for getting help.

# 6

## DEFIBRILLATION



Attach an automated external defibrillator (AED) as soon as possible and follow its prompts.

## CPR 30 TO 2

- Place your hands in the centre of the victim's chest (which is the lower half of the victim's sternum (breastbone)).
- Position yourself vertically above the victim's chest and, with your arms straight, press down on the sternum (breastbone) 5 - 6 cm.

- After each compression, release all the pressure on the chest without losing contact between your hands and the sternum. Repeat at a rate of 100 - 120 per minute.
- Compression and release should take an equal amount of time.
- After 30 compressions open the airway again using head tilt and chin lift and pinch the soft part of the victim's nose closed, using the index finger and thumb of your hand on his forehead.
- Allow his mouth to open, but maintain chin lift.
- Take a normal breath and place your lips around his mouth, making sure that you have a good seal.
- Blow steadily into his mouth whilst watching for his chest to rise; take about one second to make his chest rise as in normal breathing; this is an effective rescue breath.
- Maintaining head tilt and chin lift, take your mouth away from the victim and watch for his chest to fall as air comes out.
- Take another normal breath and blow into the victim's mouth once

more to give a total of two effective rescue breaths. The two breaths should not take more than 5 s. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions.

- Continue with chest compressions and rescue breaths in a ratio of 30:2.

## Continue resuscitation until:

- qualified help arrives and takes over,
- the victim starts to show signs of regaining consciousness, such as coughing, opening his eyes, speaking, or moving purposefully AND starts to breathe normally, OR
- you become exhausted.

**Note: If you are unable or unwilling to give rescue breaths then just perform chest compressions as this is better than no CPR at all**

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