

## *Circulation (No Pulse)*

### **CHEST COMPRESSION :**

If the casualty's heart stops beating you must perform chest compression along with mouth-to-mouth breathing.

It is vital that an ambulance arrives quickly. If you are on your own, **DIAL 112**, then return quickly to the casualty.

1. Give **TWO (2) BREATHS**.
2. Lay the casualty on their back on a firm surface. Kneel alongside, facing the chest and in line with the heart.
3. Feel for the angle where the lower edge of the rib meet. Place the heels of both your hands on the breastbone, leaving a space two fingers wide between this angle and your hands.



4. Interlock your fingers.



5. Your shoulders should be directly over the casualty's breastbone and your arms straight.



6. Press down on the breastbone, moving it 4-5cm (1½ – 2 in). Release the pressure. Repeat **COMPRESSIONS 15 TIMES** at the rate of 80 compressions per minute.
7. Re-open the airway and give two breaths of mouth-to-mouth breathing.
8. Repeat stages 5 and 6, until medical help takes over.
9. If the casualty is a child **USE ONE HAND ONLY** (and light pressure). Press down **FIVE TIMES**, moving the breastbone 2.5 to 3 cm (1 to 1½ in.) at a rate of 100 per minute then give **ONE BREATH**.
10. If the casualty is a baby (under 1 year) use two fingers only and press down **FIVE TIMES** moving the breastbone 1.5 to 2 cm (½ to 1 in) at a rate of 100 per minute then give **ONE BREATH** and repeat sequence.

**NEVER PERFORM CHEST COMPRESSION ON SOMEONE WHOSE HEART IS BEATING!**