

How to do CPR on an adult

(Hands only method)



Shout for help!



**Look and listen for
signs of normal
breathing**



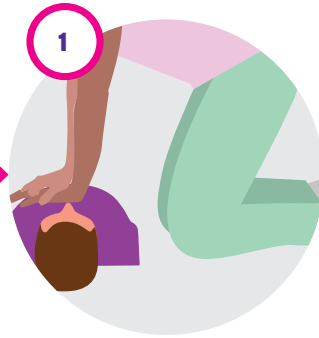
**If they are
unresponsive and not
breathing normally**



Call 999



**Start chest
compressions**



Kneel by the casualty.



Put the heel of one hand
on the centre of the chest.

Put your other hand on
top of the first and
interlock your fingers.



Keep your arms straight and
push down firmly to a depth
of about 5-6cm, and release.



Repeat this twice per
second and don't stop
until help arrives.