

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.

The first step is to perform the primary survey, using the DR ABC method which stands for Danger, Response, Airway, Breathing and Circulation. Following that, if you find that the student is unresponsive and not breathing you should follow the steps below.

Call 999

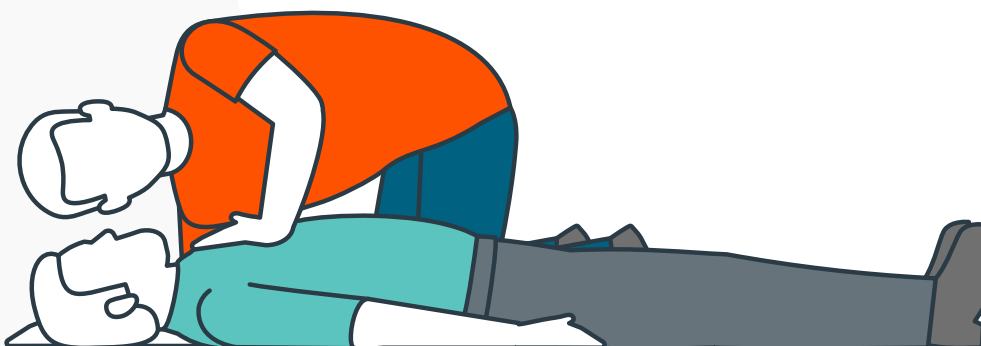
Ask a helper to call 999 for emergency help and go find the defibrillator if your school has one, while you start CPR.



Start CPR

Place them on a firm surface and open their airway.

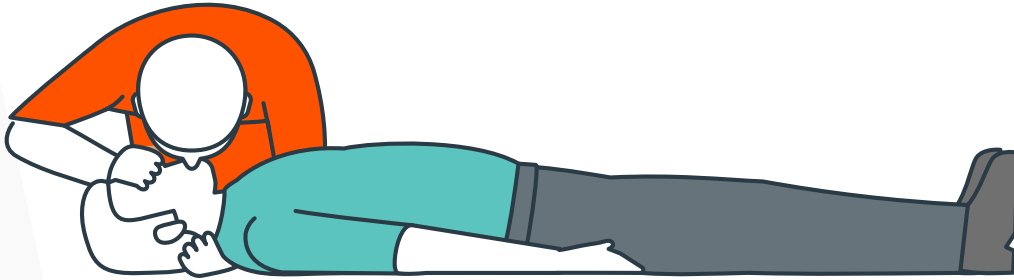
Place one hand on their forehead to tilt their head back and use two fingers from the other hand to gently lift the chin



Rescue Breaths

Blow into their mouth steadily for up to one second until the chest rises and falls again.

Give five initial rescue breaths.



Pump

Kneel down by the side of the student.

Place the heel of your hand on the middle of their chest and your other hand interlocking on top.

Press down hard to apply 30 chest compressions at a rate of 100–120 per minute.



Alternate

Keep alternating between 30 compressions and two rescue breaths until:

- 1 Emergency help arrives.
- 2 The student starts showing signs of life and starts to breathe normally.
- 3 The defibrillator arrives if you have one in your school.



If the helper returns with a **defibrillator**, ask them to switch it on and follow the voice prompts while you continue with **CPR**.

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