

# Action Plan - CPR Adult (8+ Years)

1



**Danger: STOP, THINK, OBSERVE & PROTECT.**  
Only approach the patient if it is safe to do so.

2



Check Response

Approach cautiously and continue to reassess your safety. Check for a verbal response, squeeze and shout.

3

**CALL 111  
NEW ZEALAND'S  
EMERGENCY  
SERVICES  
NUMBER**



If there is still no response, shout for someone to **CALL 111**. If available get them to fetch a defibrillator then return and confirm the call has been made.

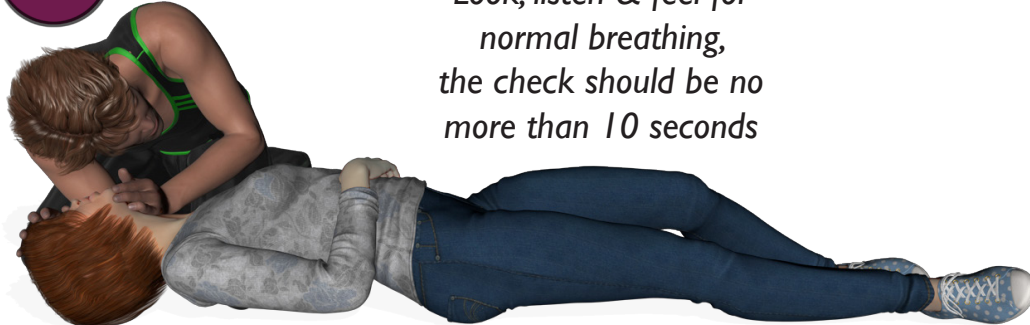
4



Open Airway

Head tilt/Chin lift.

5



Look, listen & feel for normal breathing, the check should be no more than 10 seconds

Look, listen & feel for breathing. Keep the airway open and place your ear close to the mouth and nose of the person, look towards their chest/stomach and see if the chest rises, or you can detect normal breathing.

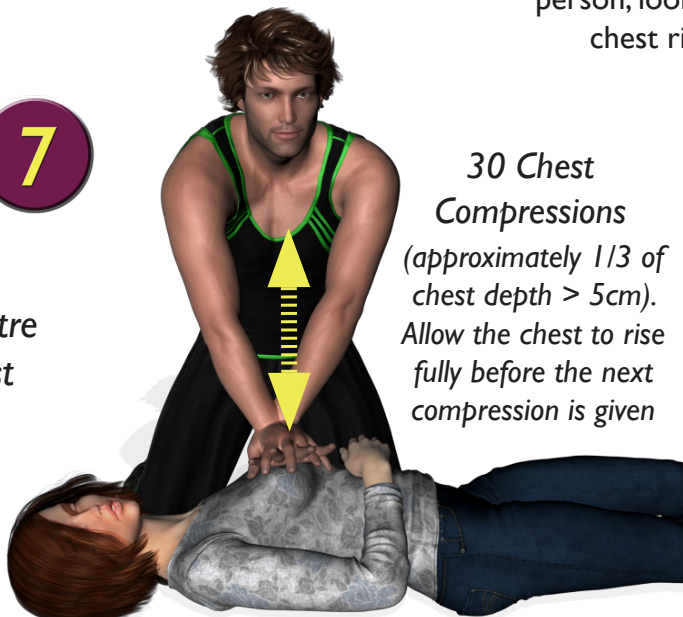
6



Find the centre of the chest

If there is no breathing, ensure the person is on a firm flat surface. Place the heel of one hand in the centre of their chest. Ensure you are comfortable and kneeling close to the person.

7



30 Chest Compressions  
(approximately 1/3 of chest depth > 5cm).  
Allow the chest to rise fully before the next compression is given

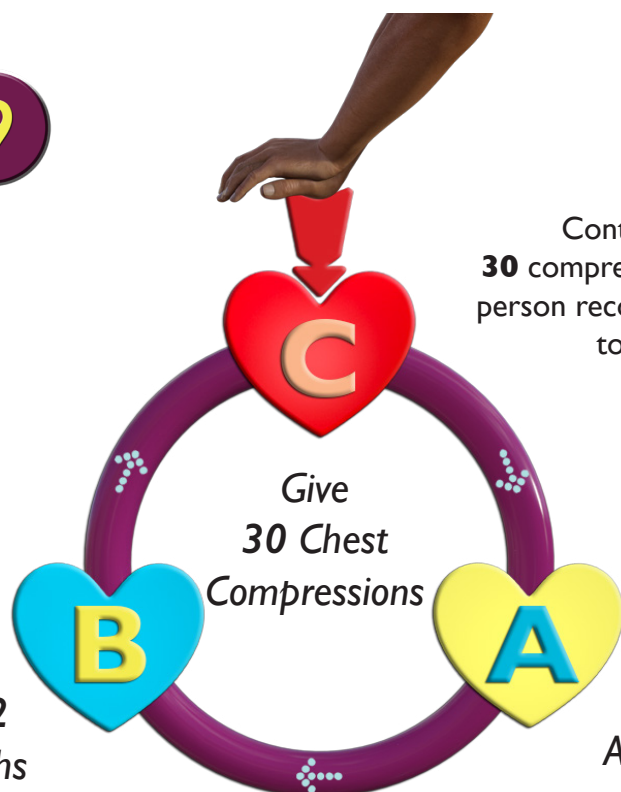
Using two hands press down firmly on the person's chest, approximately one third of their chest depth or greater than 5cm. Lean forward and move from the hips. Keeping your arms straight push down **30** times at a rate of **100 to 120** compressions per minute.

8



Open your mouth wide, place it over the person's mouth and pinch their nostrils together. Attempt **2** breaths, blowing enough air in to the mouth to make the chest rise.

9



Continue CPR at a ratio of **30** compressions to **2** breaths until the person recovers, help arrives or you are too tired to continue.

10



If alone before commencing CPR  
**GO FOR HELP.**

As soon as a defibrillator becomes available, turn it on and follow the voice prompts.



**Think Smart, Think Safe, Think S.T.O.P.**

Learn First Aid for **FREE**



[www.actionsforsurvival.com](http://www.actionsforsurvival.com)

