

CPR – the right way

It is vital that first aid instructors demonstrate CPR to a very high standard on their courses.

The 2005 guidelines made the protocol simpler and stressed the importance of minimising the interruptions between compressions.

Changes included:

- CPR should be started if the casualty is **unresponsive and not breathing normally**.
- Hand placement is to be taught as 'centre of the chest'.
- Each rescue breath should be about one second and make the chest rise as in normal breathing.
- The mouth should not be checked for obstructions unless the chest does not rise normally.
- Once CPR has been started no further checks are required unless the casualty starts breathing normally.
- The **head tilt – chin lift** method should be used to open the airway.

When demonstrating the head tilt – chin lift, it is essential to do it as shown in the First Aid Manual (see



page 77 'How to open the airway')

Opening the airway:

- Place one hand on the casualty's forehead and gently tilt the head back.

- Place **two** fingertips under the point of the casualty's chin. Lift the chin.

Using two fingertips only, and folding the other fingers out of the way, minimises the risk of pushing on the throat.