

Place one hand on the center of their chest; Put other hand on top of your first hand.

Place two fingers of one hand just below this line in the center of the chest.

Most cardiac arrests occur from lack of oxygen.

Perform CPR for about two minutes before calling for help unless someone else can make the call while you attend to the patient.

Push directly down at least 5cm.

Gently compress the chest (about 4cm).

pinch the nose closed with your thumb and first finger.

Deliver a gentle puff of air and slowly breathe into the mouth one time.

Call 998 before you start with the CPR.

