

Keep repeating this at a rate of 100-120 compressions per minute. Make sure you count the compressions to ensure you are doing enough.

Make sure the person is lying on their back on a firm, flat surface.

Avoid stopping compressions for more than 10 seconds even when you are giving breaths.

Place the heel of one hand on the center of their chest, over the lower part of the breastbone. Put your other hand on top of your first hand.

Now that you have practised it, write the seven steps of giving chest compressions. Try to do this without using your textbook.



Make sure clothes are not in the way of giving compressions



Push directly down at least 5cm.



Make sure the chest fully rises to its normal position between each compression.



Match the list of numbers on the left, which you need to remember when administering CPR, with the description on the right.

30	How far down must you push the chest in centimetres?
10	What is the number of compressions to complete before giving breaths?
5	After each set of compressions, give this number of breaths.
100-120	Do not stop compressions for more than this number of seconds.
2	What is the rate of compressions per minute?