1. **Check Unresponsiveness**
   - Quickly check if casualty is responsive
   - Tap / firmly shake casualty on shoulders
   - Ask loudly “Hello! Hello! Are you OK?”
   - If no response, shout HELP!
   - Call Ambulance! 995
   - Get AED!

2. **Open the Airway**
   - **Head-Tilt Chin-Lift**
     - Tilt head back with one hand
     - Lift chin with fingers of other hand
     - Do Not press deeply under chin

3. **Check Breathing**
   - **LOOK** for rise and fall of chest
   - **LISTEN** for air escaping when casualty breathes out
   - **FEEL** air flow from casualty moving past your cheek
   - If absent or only gasping: **CARDIAC ARREST!**

4. **Start Chest Compressions**
   - 1 and 2 and 3 and 4 and 5 and
   - 1 and 2 and 3 and 4 and 10 and
   - 1 and 2 and 3 and 4 and 15
   - 1 and 2 and 3 and 4 and 20
   - 1 and 2 and 3 and 4 and 25
   - 1 and 2 and 3 and 4 and 30
   - Count Compressions loudly

5. **Next: 2 breaths**
   - Maintain head-tilt chin-lift to keep airway open
   - Pinch casualty’s nose with index finger and thumb
   - Seal your lips around casualty’s mouth
   - Give 2 quick and short breaths, each for 1 second to give casualty oxygen
   - Release nose after each breath
   - Breath volume between 400 – 600 ml
   - This is called Mouth – to – Mouth breathing

6. **Continue 30:2**
   - Then do another 30 compressions
   - and then give 2 mouth-to-mouth breaths
   - If unable to do mouth-to-mouth breath, at least continue chest compressions at 100 per minute

7. **30 Compressions : 2 Breaths**
   - Vertically above victim
   - Use body weight
   - 100 compressions / minute
   - > 5.0 cm / compression
   - Do not lean on chest
   - Complete chest recoil at end of each compression
   - If unable to give breaths, do chest compressions
   - Continue till ambulance or AED arrives

8. **Apply AED. Continue CPR**
   - One pad on right of chest just below right collar bone
   - One pad just below and left of left nipple
   - 1. Open packet containing AED pads with cable and connector
   - 2. Peel off protective backing from pads
   - 3. Follow pictures on pads for location
   - 4. Press pads firmly onto chest wall
   - 5. Stand Clear when analyzing heart rhythm
   - 6. Stand Clear when pressing to shock
   - Do not stop CPR when placing AED pads

9. **STAND CLEAR. PRESS TO SHOCK**
   - AED prompts: STAND CLEAR!
   - Make sure no one in direct contact with casualty
   - PRESS TO SHOCK!
   - Press shock button on the AED firmly for two seconds
   - The shock is delivered

10. **Continue CPR for 1 – 2 minutes**
    - Then continue CPR for at least 1 minute
    - After 3 cycles of 30:2 CPR
    - ANALYZING NOW
    - Stop CPR
    - Continue cycles of CPR and AED use

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*Use CPR + AED and Save a Life*

National Resuscitation Council Singapore