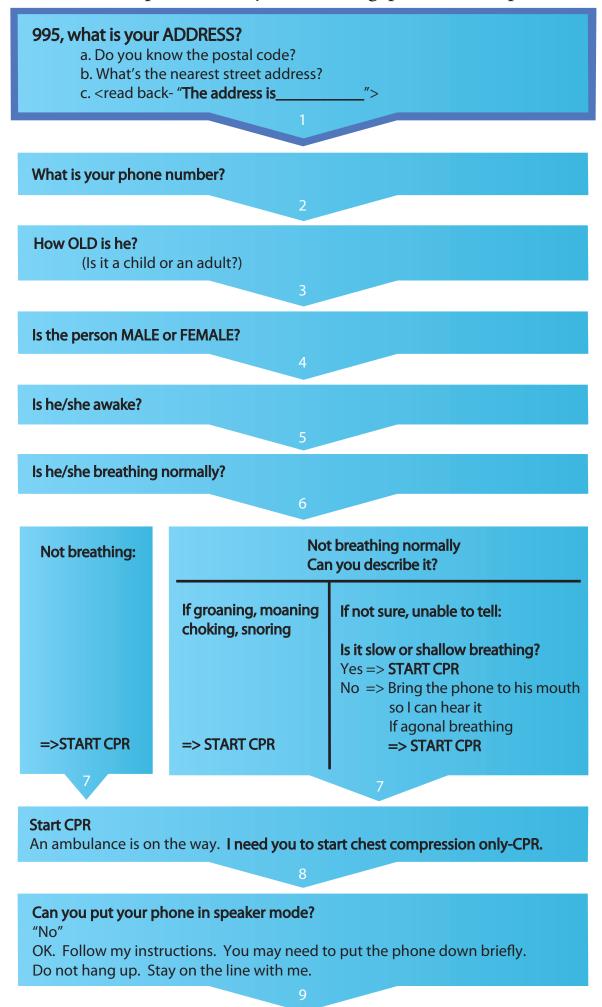
1. Chest compression only CPR - Singapore current protocol



Put the patient on his back on the floor Kneel by the side of the patient

Shout for help and ask someone to get an AED if one is available

Put YOUR left hand on the center of the chest, and put YOUR right hand on the top of YOUR left hand.

12

Lean over with your arms straight, lock your albows, and push down more than 5 cm using your body weight HARD AND FAST

I want you to COMPRESS the CHEST in 10 sets of 10. Count together with me. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 2, 2, 3, 4, 5, 6, 7, 8, 9, 10 3, 2, 3, 4, 5, 6, 7, 8, 9, 10 Continue to count each time you press

13

If there is a 2nd rescuer on scene, ask to swap the CPR giver every 200 compressions.

Encourage them to speed up if compressions are not fast enough

If there is one extra person, send him to guide the paramedic to the location when nearby

