

1. Chest compression only CPR - Singapore current protocol

995, what is your ADDRESS?

- Do you know the postal code?
- What's the nearest street address?
- <read back- "The address is _____">

1

What is your phone number?

2

How OLD is he?

(Is it a child or an adult?)

3

Is the person MALE or FEMALE?

4

Is he/she awake?

5

Is he/she breathing normally?

6

Not breathing:

=>START CPR

7

Not breathing normally

Can you describe it?

If groaning, moaning
choking, snoring

=> START CPR

If not sure, unable to tell:

Is it slow or shallow breathing?

Yes => **START CPR**

No => Bring the phone to his mouth
so I can hear it

If agonal breathing

=> **START CPR**

7

Start CPR

An ambulance is on the way. **I need you to start chest compression only-CPR.**

8

Can you put your phone in speaker mode?

"No"

OK. Follow my instructions. You may need to put the phone down briefly.

Do not hang up. Stay on the line with me.

9

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

10

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

11

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

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

12

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

Continue chest compressions until the paramedic takes over
(or unless the patient wakes up).

Do not give up

14

(After ca. 50 compressions):

You can stop now, the ambulance has arrived and the paramedics are ready to take over

15

Change roles