

ABC stands for Airway, Breathing, and Circulation, prioritising airway management first. CAB emphasizes Circulation first, reflecting updated guidelines that highlight the importance of immediate chest compressions to maintain blood flow and increase survival chances during cardiac events.

CPR

This page provides information and guidance about hands-only cardiopulmonary resuscitation (CPR) and CPR with rescue breaths.

Hands-only CPR

To carry out a chest compression:

Place the heel of your hand on the breastbone at the centre of the person's chest. Place your other hand on top of your first hand and interlock your fingers.

Position yourself with your shoulders above your hands.

Using your body weight (not just your arms), press straight down by 5 to 6cm (2 to 2.5 inches) on their chest.

Keeping your hands on their chest, release the compression and allow the chest to return to its original position.

Repeat these compressions at a rate of 100 to 120 times per minute until an ambulance arrives or you become exhausted.

When you phone for an ambulance, telephone systems now exist that can give basic life-saving instructions, including advice about CPR. These are now common and are easily accessible with mobile phones.

CPR with rescue breaths

If you've been trained in CPR, including rescue breaths, and feel confident using your skills, you should give chest compressions with rescue breaths. If you're not completely confident, attempt hands-only CPR instead.

Place the heel of your hand on the centre of the person's chest, then place the other hand on top and press down by 5 to 6cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions per minute.

After every 30 chest compressions, give 2 rescue breaths.

Tilt the casualty's head gently and lift the chin up with 2 fingers. Pinch the person's nose. Seal your mouth over their mouth and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises. Give 2 rescue breaths.

Continue with cycles of 30 chest compressions and two rescue breaths until they begin to recover, or emergency help arrives.

