

3 TIPS FOR GREAT CPR



One study showed that 6 out of 10 medical professionals could improve their CPR. These 3 tips will help you give great CPR

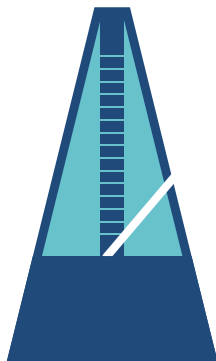
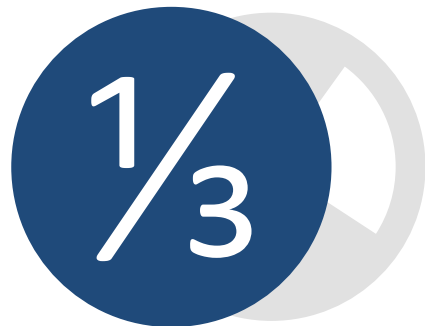


LOCATION

Place your hands with your palm on the lower half of the sternum slightly below the nipple line.

DEPTH

Press down around $\frac{1}{3}$ of a patient's chest depth. That's usually a little more than 5cm on an adult. Swap rescuers at least every two minutes if possible to prevent fatigue



RATE

The optimal rate for chest compressions is between 100-120 compressions per minute.

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Info based on Anzcor Guideline 6 & January 2005 JAMA magazine