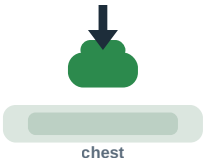
SafeServe First Aid

CPR EXPLAINED

What CPR does, and why it matters

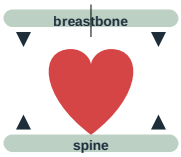
In cardiac arrest the heart quivers or stops, so no blood reaches the brain. **CPR does the heart's job by hand.** It keeps blood moving to the brain and organs, and buys time until a defibrillator can restart a normal rhythm.

How CPR works



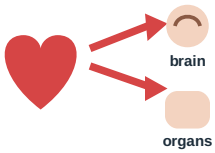
1. Push

Press hard and fast in the centre of the chest



2. Squeeze

The heart is squeezed between the breastbone and the spine



3. Pump

Blood is pushed out to the brain and vital organs



4. Buy time

Oxygen keeps reaching the brain until the defibrillator arrives

How to do it

Centre
of the chest, heel of one hand, other hand on top

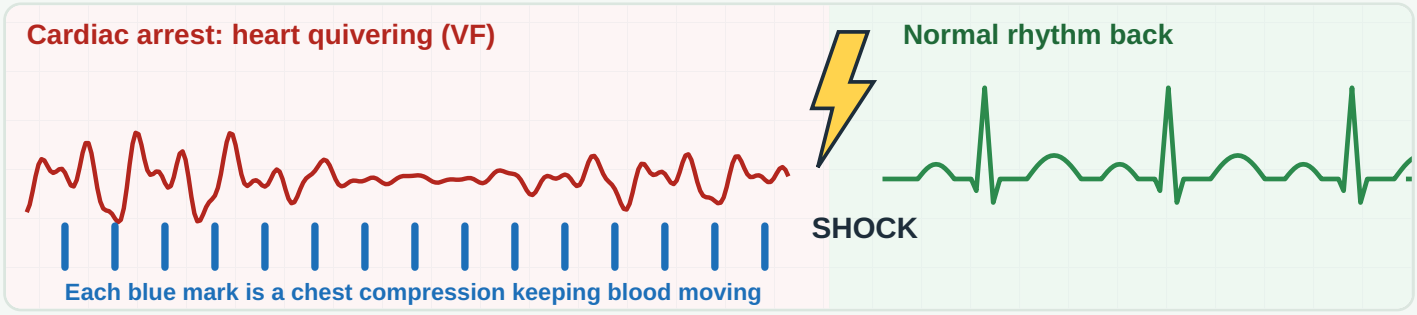
5 to 6cm
deep: push down hard

100 to 120
compressions a minute

Release
fully each time so the chest comes back up

Trained and confident? Give 2 rescue breaths after every 30 compressions. If not, hands-only CPR is still far better than doing nothing.

CPR buys time. The shock restarts the rhythm.



CPR alone rarely restarts the heart. It keeps the brain and heart supplied with blood while the chaotic quivering carries on. The **defibrillator's shock** stops that quivering so the heart's own pacemaker can take over again. It only shocks when the heart needs it, and it talks you through every step.

The chain that saves lives

1. **Call 999**
2. **Start CPR straight away**
3. **Use the defibrillator**
4. **Paramedics take over**

Sources: Resuscitation Council UK, British Heart Foundation. Prompt CPR and defibrillation can more than double the chance of survival. Always call 999.

Learn CPR and defibrillator use hands-on.
safeservefirstaid.co.uk | Peterborough