



CPR (Cardiopulmonary Resuscitation)

- Roll the player carefully onto their back
- Kneeling by the player's side, begin chest compressions
- Place the heel of one hand on the player's lower breastbone and place the other hand on top, with fingers interlocking -



- With arms straight and using your body weight, compress the chest by at least 5 cms
- Lift hands slightly after each compression to allow the chest to recoil
- Compress chest 110 times per minute (take turns with others)
- If someone is trained in CPR, coordinate 30 chest compressions with giving 2 breaths. Otherwise continue with chest compressions only
- Use an AED (Defibrillator) as soon as it is available, but do NOT stop chest compressions until told to do so by the AED
- If the Defibrillator shock is unsuccessful, recommence chest compressions
- The AED will announce when it is ready to give subsequent shocks. If the heart resumes beating, the AED will not deliver a shock.
- Continue CPR until an ambulance and paramedics arrive or the player responds