Key Steps — Adult CPR

In a real emergency, call your local emergency number first. This checklist is the standard adult CPR sequence the demonstration presents.

- ☐ 1. Check the scene is safe, then check responsiveness: shout and shake the person's shoulders firmly.
- ☐ 2. If there is no response, shout for help, call emergency services (or send someone), and send for an AED.
- ☐ 3. Open the airway with a head-tilt and chin-lift, and look, listen and feel for normal breathing for no more than a few seconds. Occasional gasps are not normal breathing.
- ☐ 4. If the person is not breathing normally, start chest compressions: hands stacked in the centre of the chest, arms straight.
- ☐ 5. Compress hard and fast — about 100 to 120 compressions a minute, pressing down roughly 5 cm and letting the chest fully recoil each time.
- ☐ 6. If you are trained and able, give two rescue breaths after every 30 compressions; if not, continue compressions without interruption.
- ☐ 7. Swap with another rescuer about every two minutes if possible, with minimal pause, to keep compressions effective.
- ☐ 8. Continue until emergency help arrives, an AED tells you to pause, the person shows signs of life, or you are physically unable to go on.

Watch the demonstration: medicalvideos.com/watch/adult-cpr_zraEvZOuOHyeWMyPULVU.html • More Safety & Emergency Basics skills: medicalvideos.com/nursing/safety-emergency.html
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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.