

# TOOLBOX TALK

PLEASE NOTE: THIS TOOL BOX TALK IS DESIGNED TO REFRESH KNOWLEDGE AND PROVIDE INFORMATION. IT IS NOT A SUBSTITUTE FOR FIRST AID TRAINING AND DOES NOT QUALIFY ATTENDEE'S WITH A FORMAL QUALIFICATION.

LOCATION

DATE

PRESENTED BY

## INTRODUCTION

Cardiopulmonary resuscitation (CPR) is a lifesaving technique. It aims to keep blood and oxygen flowing through the body when a person's heart and breathing have stopped.

There are two types of CPR

1. Hands Only CPR
2. CPR with rescue breaths

This toolbox talk will focus on hands only CPR for an adult.

## WHAT IS HANDS ONLY CPR?

Hands only CPR is a compression only resuscitation method that requires pushing hard and fast on the patients chest without giving rescue breaths.

The purpose of hands only CPR is to get oxygenated blood pumping through the body until medical help arrives.

If you have been trained in CPR with rescue breaths, and feel confident in applying your training, you should follow your training and give chest compressions with rescue breaths.

If you're not completely confident, perform hands only CPR.



# TOOLBOX TALK

## WHEN WOULD I PERFORM HANDS ONLY CPR?

When someone is in cardiac arrest it means that their heart has had an electrical malfunction. This causes an irregular heartbeat, known as an arrhythmia. When this happens, your hearts pumping action is disrupted and your brain and other organs no longer get vital oxygenated blood. This causes the person to fall unconscious and stop breathing. Without CPR the person will die within minutes.

CPR should only be done if someone is:

- unconscious and not breathing at all
- unconscious and not breathing properly normally

If someone is unconscious but they're breathing normally call 999 and put them in to the recovery position.

## HOW TO PERFORM HANDS ONLY CPR

**Check for danger:** You need to determine whether it is safe to approach the casualty and that you aren't at any risk of harm when providing assistance.

If the casualty is unconscious and not breathing, or not breathing normally, call 999 and start CPR immediately.

When you call 999, you will be given basic life-saving instructions over the phone, including advice about CPR.

### Step 1

Kneel next to the person and place the heel of your hand on the breastbone at the centre of their chest. Place your other hand on top of the first and interlock your fingers.

### Step 2

Position yourself so your shoulders are directly above your hands. Keep your arms straight and lean over the casualty.

Using your body weight, not just your arms, press down firmly and smoothly to a depth of about a third of the patients chest before releasing the pressure, allowing the chest to come back up.

### STEP 3

Repeat these compressions at a rate of 100 to 120 times a minute. The British Heart Foundation tell people to think of the song Stayin' Alive by the Bee Gees to help you maintain the correct speed of compressions.



# TOOLBOX TALK

## STEP 4

Continue to perform CPR until:

- Professional help arrives and takes over
- The casualty starts to show signs of regaining consciousness and starts to breathe normally.
- You are too exhausted to continue compressions

**If you have assistance, you can change over every one to two minutes, with minimal interruptions to chest compressions**

## STEP 5

Use a defibrillator.

Once a defibrillator has arrived on the scene, turn it on and follow the simple audio and visual instructions.

A defibrillator will analyse the casualty and decide whether a shock is needed. If required it will tell you to press the shock button. **DO NOT TOUCH THE PATIENT, TELL EVERYONE TO STAND CLEAR.**

If the defibrillator tells you that no shock is required then continue CPR



## WHAT IS AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

An AED is a lightweight, portable and easy to use device that delivers an electric shock through the chest to the heart. They can restore a normal heartbeat by sending an electric pulse or shock to the heart which can help re-establish an effective rhythm.

RB Health and Safety Solutions provide a free Tool Box Talk on the use of Automated External Defibrillators.

This can be downloaded from the resources page on our website.



