



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA



3 STEPS TO **SAVE** A LIFE

CPR is as easy as **C-A-B**



COMPRESSIONS

Push hard and fast on the center of the victim's chest.

AIRWAY

Tilt the victim's head back and lift the chin to open the airway.



BREATHING

Give mouth-to-mouth rescue breaths.

Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and delay in ventilation should be minimal.



KwaZulu-Natal Department of Health



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