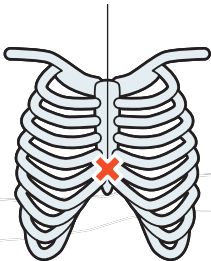


# CPR for female casualty

The administration of cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) does not differ between men and women and the steps to take are the same. Compressions administered should be performed the same way for both genders.

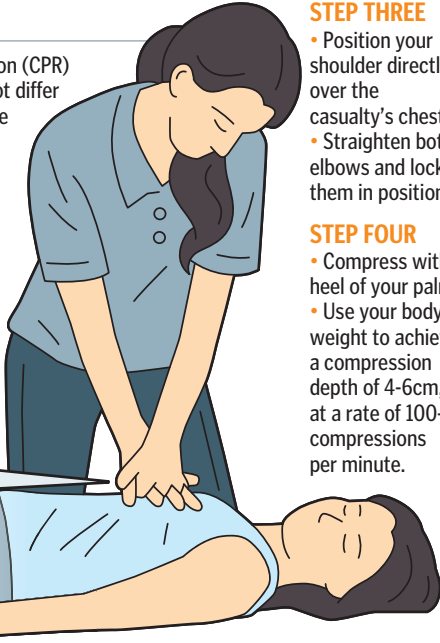
## STEP ONE

- Place the heel of your hand on the lower half of the sternum (breastbone).



## STEP TWO

- Place the heel of your other hand on top of the first hand.
- Interlace your fingers and lift them to avoid pressing on the breast.



## STEP THREE

- Position your shoulder directly over the casualty's chest.
- Straighten both elbows and lock them in position.

## STEP FOUR

- Compress with the heel of your palm.
- Use your body weight to achieve a compression depth of 4-6cm, at a rate of 100-120 compressions per minute.