**Appendix 1  
Thailand NIEMS DA-CPR Program**

**Pre-arrival Instruction for Suspected Cardiac Arrest (Adult)**

1. Does anyone around that area know how to perform CPR? If **YES**, calls for help  
 (It is necessary to be instructed even those who have been trained, but not regularly)

2. Brings the phone close to the patient, and turns on the speaker (hand free) if you can

3. Please listen carefully, I'll tell you how to do it:

3.1 Places the patient down on the floor

3.2 Removes/unbuttons the shirt to expose the patient's chest

3.3 Kneels by the side of the patient

4. Observes whether the patient’s chest is moving / breathing normally or not

4.1 If **YES**: leans the patient and monitors for breathing until the EMS operation team arrives

4.2 If **NO**: Please pay attention. I'll tell you how to do next

4.2. 1 Places the heel of your hand on middle of the patient's chest, between two nipples

4.2.2 Places the other hand on the first hand with fingers interlocked

4.2.3 Presses downward 5-6 centimeters (2.0-2.4 inches) by using only the heel of your hand

4.2.4 Presses for 30 times and counts loudly. For example: 1-2-3 ... to 30

4.2.5 Makes sure that your hands locate in the middle of the patient's chest, between two nipples

4.2.6 Compresses for 30 times by 5 cycles. It’ll take for approximately   
2 minutes.

4.2.7 Keeps doing this until EMS operation team arrives at the scene.

4.2.8 Dispatcher will listen and advice you all the time. If you have any questions, you can ask immediately

**Note:** If the bystander tell that the nearby AED arrive/available, see: Pre-arrival Instruction for Automated External Defibrillator (AED)