

**भारत सरकार GOVERNMENT OF INDIA**  
**रेल मंत्रालय MINISTRY OF RAILWAYS**  
**(रेलवे बोर्ड RAILWAY BOARD)**

No. 87/ M(C) /202/10 vol (iii)

New Delhi, dated 14 .01.2016

**The General Managers,  
All Indian Railways**

**Rail Coach Factory, Kapurthala**

**Rail Coach Factory, Raebareilly**

**Integral Coach Factory, Chennai**

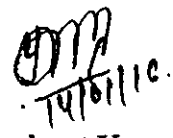
**The Chief Mechanical Engineer  
KRCL. Navi Mumbai**

**Sub: Display Chart for Cardio Pulmonary Resuscitation (CPR) in Sub- Urban Trains.  
Ref: ED/F(BC)'s note no.2015/BC-II/XVI/100/23 dated 01.01.2016**

Ministry of Railways have given an assurance to the Standing Committee on Railways (XV Lok Sabha) that Cardio Pulmonary Resuscitation (CPR) procedure shall be displayed in all coaches of Sub- Urban Trains in Indian Railways. Accordingly the matter was considered in Board and it has been decided with the approval of Board (MM) that Zonal railways and Production units should make immediate arrangement for display of CPR procedure in all Sub- Urban coaches.

Detailed CPR procedure to be displayed as received from Health Dte. is enclosed herewith. ICF, Chennai is advised to issue necessary drawings for new as well as existing coaches and circulate to all concerned for implementation.

DA: As above (प्र०)

  
(Prashant Kumar)  
Dir. Mech. Engg. (Chg.)  
Railway Board

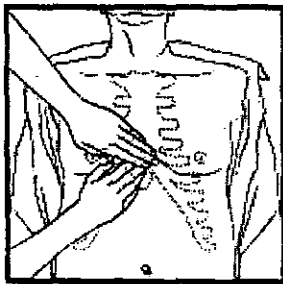
Copy to : 1. Adv.Elect. (G) Rly Bd  
2. Adv.Health/Rly Bd.  
3. EDME(W)/Rly Bd  
4. ED/Carriage/RDSO/Lucknow

# Cardio Pulmonary Resuscitation CPR

SNID 157/12

## PUMP

Make the person flat on ground and compress the lower part of sternum (Chest Bone) by both hands so that it goes down at least 2 inch. This should be 30 times, followed by breath. Compression should be 100 times / minute.



## RESPIRATORY

Tilt the head back and lift the chin. Pinch both the nostrils and blow after covering the mouth with yours so that chest moves at least by 1 inch. Give 2 breaths and then again pump.



**CONTINUE WITH 30 PUMPS AND 2 BREATHS.**