They're Boobies Not Barriers
Women need CPR too

TRAINER SUPPORT SHEET

Teaching CPR/AED use on Women

Why this matters.

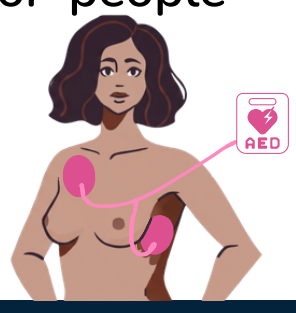
Women are less likely to receive CPR & defibrillation.

Hesitation can delay lifesaving action.

Your role is to build confidence to act.

Key Messages

- Act quickly (every second counts)
- Place your hand in centre of chest
- You can't make the situation worse
- Use an AED early rather than later
- Legal protections exist for people performing CPR
- DO NOT HESITATE!



"You may need to place your hands over breast tissue to perform CPR correctly. This is normal and should not delay action."

"Acting quickly saves lives."

"It's the same position for everyone."

Bring it into your classes

- Include CPR on women in discussion
- Use female manikins, bras or address it clearly
- Normalise correct hand placement
- Include AED use on women
- Discuss legal protections
- Encourage open conversation

AED use on women

- Remove clothing
- Remove bra if needed
- Attach pads as shown
- Lift/move breast if required
- Do not hesitate!

Discussion Prompt

"What might make someone hesitate to perform CPR on a woman?"

International Emergency Numbers

000 Australia
111 New Zealand
999 United Kingdom & Hong Kong
119 Japan, South Korea, & Taiwan
911 United States, Canada & Mexico
112 Europe & International Standard

Take the Pledge