

RESUSCITATION (CPR)

D

DANGER

Check for hazards & ensure safety

R

RESPONSE

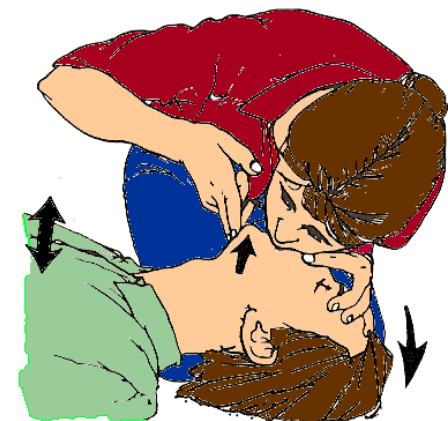
Check to see if Unresponsive/Unconscious

S

SEND FOR HELP

Call the ambulance on 000

Adults & Children



A casualty who is unresponsive and not breathing normally needs urgent resuscitation

A

AIRWAY

Open airway, Head tilt/Chin Lift

B

BREATHING

Check breathing, if not breathing / abnormal breathing commence CPR

C

CPR

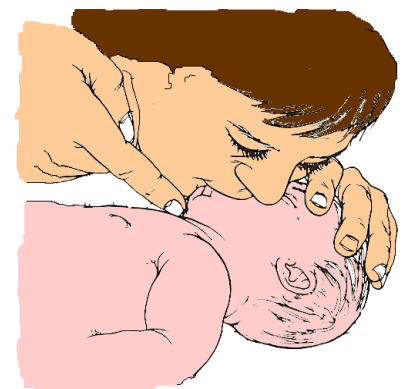
30 compressions : 2 breaths
(if unwilling or unable to do breaths, consider doing chest compressions only)

D

DEFIBRILLATOR (AED)

Attach AED as soon as available and follow its prompts

Infants Under 12 months



Continue sequence until responsiveness or normal breathing returns, or help arrives

| | HEAD TILT | PRESSURE | DEPTH | BREATHS | RATIO | COMPRESSION RATE |
|------------------------------|-----------|-----------|---|--------------|---------------------------|---|
| ADULTS & CHILDREN | Yes | 2 Hands | $\frac{1}{3}$ chest depth (Approx 5 cm) | Full breaths | 30 Compressions:2 Breaths | Compressions should be performed at the rate of almost 2 per second (i.e continuous rate of 100 per minute) |
| INFANT (birth – 1) | No | 2 Fingers | $\frac{1}{3}$ chest depth (Approx 4 cm) | Puffs | 30 Compressions:2 Breaths | |