

DANGER

(CHECK FOR HAZARDS)

RESPONSE

(CHECK IF UNCONSCIOUS)

SEND FOR HELP

(CALL TRIPLE ZERO 000)

AIRWAYS

- Open the casualties airway by tilting the head back & lift chin
- This will provide a straight path for air to flow down when able

BREATHING

- Check if you can hear or see the casualty breathing at all
- If the casualty isn't breathing or the breathing is abnormal commence CPR

CPR

- 30 compressions & 2 breaths
- CPR does NOT restart the heart, only reduce possible tissue and brain damage!
- Continue until AED is available or paramedics arrive

DEFIBRILLATOR

- Attach AED as soon as available and follow the prompts on screen

RESUSCITATION GUIDE

BASIC CPR

**IF EVER IN DOUBT CALL
TRIPLE ZERO (000)**

**REMEMBER TO REMAIN CALM AND STATE
CLEARLY THE EMERGENCY**

When faced with an emergency situation, follow the guidelines below. Remember that unlike "common knowledge" states, CPR does NOT restart the heart! It only simulates blood flow preventing major tissue & brain damage until a Defibrillator (AED) can be used

INFANTS

(NEWBORN – 1 YEAR)

Tilt Head Back

- Do NOT tilt the head back

Compression Pressure

- Two Fingers

Compression Depth

- 1/3 chest pressure depth (approx. 4cms)

Breaths

- Small Puffs

Ratio

- 30 Compressions
- 2 Breaths

Compression Rate

- Compressions should be performed at a rate of 2 a second, simulating 100 beats a minute

ADULTS

(1 YEAR – ONWARDS)

Tilt Head Back

- Tilt the head back

Compression Pressure

- Two Hands

Compression Depth

- 1/3 chest pressure depth (approx. 5cms)

Breaths

- Full Breaths

Ratio

- 30 Compressions
- 2 Breaths

Compression Rate

- Compressions should be performed at a rate of 2 a second, simulating 100 beats a minute