



DANGER

CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME
SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?

YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT

FIND THE CENTRE OF THE CHEST.
PLACE THE HEEL OF YOUR HAND ON THE COMPRESSION POINT WITH THE FINGERS PARALLEL TO THE RIBS AND SLIGHTLY RAISED.
PLACE YOUR OTHER HAND ON TOP OF THE FIRST.



CHEST COMPRESSIONS

COMPRESS TO APPROX 1/3 OF DEPTH OF CHEST.
30 COMPRESSIONS AT A RATE OF 100 PER MINUTE.



RESCUE BREATHS

SUPPORT HEAD AND JAW.
A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN THE AIRWAY.
DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



RECOVERY POSITION

IF NORMAL BREATHING RETURNS, POSITION CASUALTY ON SIDE. ENSURE THE AIRWAY REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN

