

RESUSCITATION

D

R

S

DANGER
Check for hazards & ensure safety

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

SEND FOR HELP
Call the ambulance

Adults & Children



Head tilt/chin lift



Press with 2 Hands



Full breaths

A
OPEN AIRWAY

B
CHECK BREATHING
If not breathing OR breathing abnormally, start CPR

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

D
DEFIBRILLATION
As soon as available, follow the prompts

Infants under 1 year



Neutral head position



Press with 2 Fingers



Puffs

Dial Triple Zero (000)
for an Ambulance

Ensure Safety
for Self and Others

SIGNS & SYMPTOMS

Unconscious, not responding,
not breathing normally, or not
breathing at all.

CPR DETAILS

	Adults and Children	Infants under 1 year
Open Airway	Head tilt/chin lift	Neutral head
Press with?	2 Hands	2 Fingers
How hard?	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breath pressure?	Full breaths	Puffs
How many?	30 Compressions : 2 Breaths	
How fast?	Compressions should be done at the rate of almost 2 per second (continuous rate of 100 - 120 per minute)	

For more information visit: www.resus.org.au

CONTINUE CPR / DEFIBRILLATION

Until responsiveness or normal breathing returns, or help arrives