



CPR



D

DANGERS



Check for dangers – hazards/risks to self, others and the patient.

R

RESPONSE



Check for response by shouting, then squeezing shoulders.

S

SEND FOR HELP



If not conscious, responsive or moving
Call 000 [triple zero] and ask for ambulance.
Follow call taker's instructions.

A

AIRWAY



Open the mouth and quickly clear any obvious food, vomit or objects.

B

BREATHING



Check if breathing normally.
Place one hand on the forehead, tilt head back and lift chin.
Look, listen and feel for normal breathing.

C

CPR



30 Compressions followed by 2 breaths.

1. Place the heel of one hand in the centre of chest.
2. Place other hand on top. Compress 1/3 depth of the chest.
3. Compress 30 times, fast (2 compressions per second).
4. Pinch nose closed and cover their mouth with yours.
5. Give 2 normal breaths.

REPEAT: Continue to repeat 30 compressions and 2 breaths until ambulance paramedics are ready to take over or the person starts breathing normally.

OR

D

DEFIBRILLATOR



If available, attach defibrillator as soon as possible and follow the prompts.