

D

CHECK FOR DANGER

To yourself, bystanders and the casualty.

R

CHECK FOR RESPONSE

Squeeze their shoulders and hands, ask the casualty questions.

S

SEND FOR HELP

If unresponsive, call Triple Zero (000).

A

OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required. Then open the airway by tilting head. No head tilt for infants.

B

BREATHING NORMALLY?

NO - START CPR (If Yes, place casualty on their side).

C

START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS.**

CHILD & ADULT OVER 1 YEAR

COMPRESSION POINT

1 or 2 hands on the centre of the chest.
Compress 1/3 of chest depth.



COMPRESSION RATE

Compress at a rate of
100-120 compressions per minute.



BREATHS

Tilt head, lift chin & give breaths.
Look for the rise & fall of the chest in between breaths.



INFANT (0-1 YEAR)

COMPRESSION POINT

2 fingers on the centre of the chest.
Compress 1/3 of chest depth.



COMPRESSION RATE

Compress at a rate of
100-120 compressions per minute.



BREATHS

Don't tilt head, keep in neutral position, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



D

ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.