

# A GUIDE TO CPR

**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

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

30 COMPRESSIONS AND 2 BREATHS

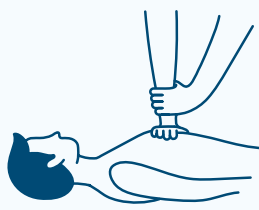
### COMPRESSION POINT

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.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE AND MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

**D**

## ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.

Rescuers providing assistance to infants, children & adult casualties should follow the same sequence of DRSABCD and make the following alterations:

AGE	HEAD TILT	TECHNIQUE	COMPRESSION DEPTH	RATE OF COMPRESSION
INFANTS 0-12 MONTHS	None	2 fingers	1/3 of chest depth	100-120 compressions per minute
CHILD & ADULT	Slight to Full	2 hands		

