



RESUSCITATION CHART

Danger

Ensure there is no **Danger** for:
> Yourself > Bystanders > Patient

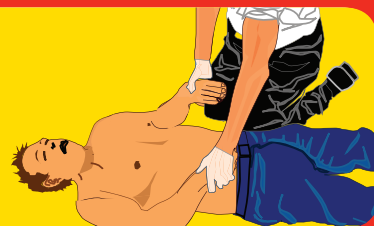
D



Response

Check for **Response** by talk and touch.

R



Send for help

If unresponsive, **Send** for help by calling 000.

S



Airway

Open **Airway** and ensure it is clear.
If not, roll patient onto their side and clear the airway.

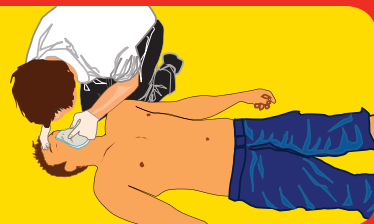
A



Breathing

Look, listen and feel for **Breathing**. If not breathing normally, commence CPR.

B



CPR (30:2)

Start CPR. Give 30 chest compressions followed by 2 rescue breaths with head tilt. If unable to perform rescue breaths, continue chest compressions.

INFANTS: USE 2 FINGERS TO COMPRESS CHEST and DO NOT TILT HEAD FOR RESCUE BREATHS.

C



Defibrillation

Attach a **Defibrillator** if available.
Turn on and follow voice prompts.

D



**CONTINUE CPR UNTIL RESPONSE OR NORMAL BREATHING RETURNS
IF RESPONSE OR NORMAL BREATHING RETURN, TURN PATIENT ON THEIR SIDE AND MONITOR**

This information is not a substitute for first aid training. Surf Life Saving recommends that everyone is trained in first aid.

Compression Method

Approximately 2 compressions per second
Compress middle of chest
Compress 1/3 depth of chest

TO LEARN FIRST AID, RESUSCITATION AND
'LIFE SAVING' SKILLS CALL 1300 766 257
WWW.LIFESAVING.COM.AU

IN AN EMERGENCY CALL 000