



CPR GUIDE

DANGER

CHECK FOR DANGER

To Self

To Others

To Patient

RESPONSE

ASK PATIENT'S NAME

Gently squeeze the patient's hand and call their name



ANY SIGN OF LIFE

- Is patient
- Responsive?
- Conscious?
- Breathing Normally?
- Moving?

SEND

SEND FOR HELP

Ask someone to call **000**

AIRWAYS

CLEAR THE AIRWAYS

- Check the airway - if the airway is blocked, place patient on their side
- Support head
- Clear mouth

BREATHING

IF LESS THAN 2 BREATHS IN 10 SECONDS

- Place onto back
- Support head & jaw
- Head tilt opens airways
- Administer 2 initial breaths

OR

NORMAL BREATHING

- Place patient onto side
- This is recovery position
- Clear the airway

COMPRESSION

COMMENCE CPR

- Start CPR
- 30 compressions followed by 2 breaths
- Continue until expert help arrives
- Compression should be at a rate of 100/minute
- Chest compressed at 1/3 depth of the chest

INFANTS UP TO 1 YEAR

- Don't tilt the head back
- Cover mouth and nose for breath
- Use 2 fingers for chest compression

DEFIBRILLATION

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- Apply defibrillator if available

THESE INSTRUCTIONS ARE NO SUBSTITUTE FOR A CPR COURSE. CONTACT YOUR SERVICE PROVIDER.