

In an emergency call **000** or **112**
(MOBILE ONLY)



Emergency First Aid Response - CPR (Cardiopulmonary Resuscitation)

D

DANGER

Make sure there is no **DANGER** to:
Yourself, others and the casualty

R

RESPONSE

Check for **RESPONSE**:
Ask Name / Squeeze shoulders

Response:
Make comfortable. Monitor response

No Response:
Send for help

S

SEND FOR HELP

SEND for Help:
Call **000** or **112** for emergency services,
(MOBILE ONLY)
or ask another person to do so

A

AIRWAY

Open **AIRWAY**/Mouth:

If Foreign Object is Present:

- Place in recovery position
- Clear airway with finger

If Foreign Object is Not Present:

- Commence checking for breathing

B

BREATHING

Check for **BREATHING**: look, listen, feel.

Breathing Normally:

- Place in recovery position
- Monitor breathing

Not Breathing Normally:

- Start CPR/compressions

C

COMPRESSION

Start **COMPRESSIONS**: 1/3 of the Casualties Chest Depth

For Adults:
30 Compressions: 2 Breaths
2 Hands

For Children:
30 Compressions: 2 Breaths
1 Hand

For Infants (up to 1 year):
30 Compressions: 2 Puffs
2 Fingers

Approximated 2 compressions per second (100-120 compressions per minute)
Continue CPR until help arrives or the casualty recovers

D

DEFIBRILLATION

Attach **DEFIBRILLATOR (AED)**:
As soon as its available and follow its prompts

Continue CPR until the casualty regains consciousness or until emergency services take over

If the casualty regains consciousness, place them in the recovery position and continue to monitor their condition closely.

This chart is not a substitute for accredited CPR and First Aid training. Get certified with the professionals at Life Training Group. ☎ Call 0450 24 LIFE (5433)

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