

RESUSCITATION (CPR)

Ensure the safety of everyone
Call the ambulance on Triple Zero (000)

Signs & Symptoms

Unconscious, unresponsive
Not breathing normally or not breathing at all

	Adults and children	Infants under 1 year
Head tilt →	Yes	No
Pressure →	2 Hands	2 Fingers
Depth →	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breaths →	Full	Puffs
Ratio →	30 Compressions : 2 Breaths	
Rate →	Compressions should be performed at the rate of almost 2 per second (continuous rate of 100 - 120 per minute)	

For more information visit: www.resus.org.au

Continue CPR and Defibrillation sequence until responsiveness or normal breathing returns, or help arrives

D

DANGER

Check for hazards & ensure safety

Adults & Children



R

RESPONSE

A casualty who is unresponsive and not breathing normally needs urgent resuscitation

A

OPEN AIRWAY

Head tilt/Chin Lift

B

CHECK BREATHING

If not breathing OR breathing abnormally, commence CPR

C

CPR

30 Compressions: 2 Breaths (if unwilling or unable to do breaths, consider doing chest compressions only)

D

DEFIBRILLATION

As soon as available, follow the prompts

S

SEND FOR HELP

Call the ambulance

Infants under 1 year

