

# DANGER

## CHECK FOR DANGER

TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

# RESPONSE

## CHECK FOR RESPONSE

CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME  
SQUEEZE MY HAND / PLEASE LET GO

# SEND

## SEND FOR HELP

CALL OR ASK A BYSTANDER TO PHONE '000'

# AIRWAY

## OPEN AIRWAY

CHECK AND CLEAR / POSITION CASUALTY ON BACK  
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

# BREATHING

## BREATHING NORMALLY?

YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

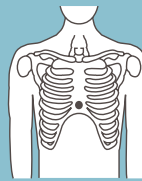
# CPR

## COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

### LOCATE COMPRESSION POINT

FIND THE CENTRE OF THE CHEST.  
PLACE THE HEEL OF YOUR HAND  
ON THE COMPRESSION POINT  
WITH THE FINGERS PARALLEL TO  
THE RIBS AND SLIGHTLY RAISED.  
PLACE YOUR OTHER HAND  
ON TOP OF THE FIRST.



### CHEST COMPRESSIONS

COMPRESS TO APPROX  
1/3 OF DEPTH OF CHEST.  
30 COMPRESSIONS  
AT A RATE OF  
100 PER MINUTE.



### RESCUE BREATHS

SUPPORT HEAD AND JAW.  
A SLIGHT HEAD TILT  
MAY BE NECESSARY TO  
OPEN THE AIRWAY.  
DELIVER 2 BREATHS ALLOWING  
1 SECOND PER INHALATION.



### RECOVERY POSITION

IF NORMAL BREATHING  
RETURNS, POSITION  
CASUALTY ON SIDE.  
ENSURE THE AIRWAY  
REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS.  
USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

# DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE  
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS  
OF NORMAL BREATHING AND RESPONSIVENESS RETURN



The information contained in this poster is recommended for school related emergencies, it is no substitute for formal instruction.

Enrol in a CPR course and update your skills annually. © RLSSA 2011

FOR MORE INFO VISIT:  
[communitylifesaver.org](http://communitylifesaver.org)

