RESUSCITATION

Ensure Safety for Self and Others

Call Triple Zero (000) for an Ambulance

DRSABCD RESPONSE

DANGER
Check for hazards & ensure safety.

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

SEND FOR HELP
Call the ambulance - 000.

AIRWAY
Open to check breathing.

BREATHING
If the casualty is not breathing OR breathing abnormally, start CPR.

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

DEFIBRILLATE
As soon as available, follow the prompts.

CONTINUE CPR / DEFIBRILLATION
Until responsiveness or normal breathing returns, or help arrives.

Infants Under 1 Year

Adults & Children

SIGNS & SYMPTOMS

Unconscious, not responding, not breathing normally, or not breathing at all.

CPR DETAILS

	Adults & Children	Infants Under 1 Year
Open Airway	Head tilt/chin lift	Neutral head
Press with?	2 Hands	2 Fingers
How hard?	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breath pressure?	Full breaths	Puffs
How many?	30 Compressions : 2 Breaths	
How fast?	Compressions should be done at the rate of almost 2 per second (continuous rate of 100 - 120 per minute)	

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

A Training
www.atraining.com.au

1300 707 677
info@atraining.com.au