
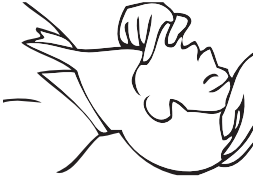





CPR CHART



**Ambulance Service
of New South Wales**

CARDIO PULMONARY RESUSCITATION

<p>D Check for danger</p>	<p>Check for danger eg electrical cords, petrol or other hazards</p>
<p>R Responsive</p>	<p>Check for signs of life If no signs of life:</p> <ul style="list-style-type: none"> > Unconscious > Unresponsive > Not breathing normally > Not moving
<p>SHOUT FOR HELP!</p>	<ul style="list-style-type: none"> > Get someone to dial 000 immediately > Ask for AMBULANCE 
<p>A Clear airway</p>	<ul style="list-style-type: none"> > Place person on their back > Tilt head back (not for infants or injured) > Remove foreign matter from mouth (and nose of baby) > Place on side if there is a lot of foreign matter 
<p>B Check breathing</p>	<ul style="list-style-type: none"> > Look, listen and feel for breathing > If normal breathing is present leave or place patient on their side > If normal breathing is absent <ul style="list-style-type: none"> – Place patient on their back – Tilt head back (not for infants or injured) – Lift jaw and pinch nostrils – Give 2 breaths whilst watching rise and fall of chest 
<p>C Circulation</p>	<p>ADULT:</p> <ul style="list-style-type: none"> > Place one hand over the centre of the chest (sternum). > Compress sternum 4 to 5 cm (or one third the depth of the chest) 30 times > Continue with 2 breaths to 30 compressions 
	<p>CHILD:</p> <ul style="list-style-type: none"> > Position 2 fingers on lower half of the sternum > Depress sternum approximately one third the depth of the chest > Continue with 2 breaths to 30 compressions 

CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR SIGNS OF LIFE RETURN

This chart is not a substitute for attending a first aid course. **LEARN CPR NOW!**

This CPR chart is provided free of charge and must not be sold. The chart is available to download from the Ambulance website at: www.ambulance.nsw.gov.au.

For enquiries about this chart: Ambulance Service of NSW Locked Bag 105 Rozelle, NSW 2039 Tel: (02) 9320 7796

This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at December 2008. For more information go to: www.resus.org.au