

CPR chart

Cardio Pulmonary Resuscitation



Ambulance Service
of New South Wales

D Check for danger	Check for danger eg electrical cords, petrol or other hazards	
R Responsive	Check for signs of life If no signs of life: <ul style="list-style-type: none">> Unconscious> Unresponsive> Not breathing normally> Not moving	
SHOUT FOR HELP!	<ul style="list-style-type: none">> Get someone to dial 000 immediately> Ask for AMBULANCE	
A Clear airway	<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	
B Check breathing	<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	
C Circulation	CHILDREN & ADULT: <ul style="list-style-type: none">> Place hands over the centre of the chest (sternum).> Compress sternum one third the depth of the chest 30 times> Continue with 2 breaths to 30 compressions	
	INFANT: <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 visit: www.resus.org.au