






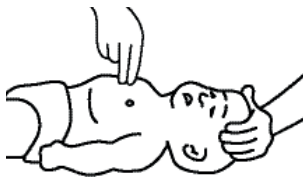
CPR Chart



NSW Ambulance

Cardio Pulmonary Resuscitation

IN AN EMERGENCY REMEMBER YOUR **DRSABCD**

D angers?	Check for danger e.g. electrical cords, petrol or other hazards	
R esponsive?	Is the patient unresponsive and not breathing normally?	
S END FOR HELP!	<ul style="list-style-type: none">> Shout for assistance> Get someone to dial Triple Zero (000) immediately> Ask for AMBULANCE	
Open A irway	<ul style="list-style-type: none">> Gently tilt head back and lift chin (not for infants)> Remove foreign matter from mouth (and nose of baby)	
Normal B reathing?	<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, commence CPR 30 compressions to 2 breaths at 100-120 compressions/min	
Start C PR	CHILD & ADULT: <ul style="list-style-type: none">> Place heel of hand on the lower half of the sternum in the centre of the chest> Compress sternum one third the depth of the chest 30 times at a rate of 100-120 compressions per minute> Continue with 30 compressions to 2 breaths> Interruptions to chest compressions must be minimised	
	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 30 compressions to 2 breaths	
Attach D efibrillator	Attach Automated External Defibrillator (AED) as soon as available and follow prompts.	

CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR RESPONSIVENESS OR NORMAL BREATHING RETURNS
Beware of rescuer fatigue, if help is available swap rescuers every two minutes

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:
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This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at January 2016. For more information visit: www.resus.org.au