

# CPR chart

Cardio Pulmonary Resuscitation



Ambulance Service  
of New South Wales

<b>D Check for danger</b>	Check for danger e.g. electrical cords, petrol or other hazards	
<b>R Response</b>	<b>Check for response</b> <b>If no signs of life:</b> <ul style="list-style-type: none"><li>&gt; Unconscious</li><li>&gt; Unresponsive</li><li>&gt; Not breathing normally</li></ul>	
<b>SEND FOR HELP!</b>	<ul style="list-style-type: none"><li>&gt; Get someone to dial <b>Triple Zero (000)</b> immediately</li><li>&gt; Ask for <b>AMBULANCE</b></li></ul>	
<b>A Clear airway</b>	<ul style="list-style-type: none"><li>&gt; Tilt head back (not for infants or injured)</li><li>&gt; Remove foreign matter from mouth (and nose of baby)</li><li>&gt; Place on side if there is a lot of foreign matter</li></ul>	
<b>B Check breathing</b>	<ul style="list-style-type: none"><li>&gt; Look, listen and feel for breathing</li><li>&gt; <b>If normal breathing is present</b> leave or place patient on their side</li><li>&gt; <b>If normal breathing is absent, commence CPR 30 compressions to 2 breaths at 100 compressions/min</b><ul style="list-style-type: none"><li>- Place patient on their back</li><li>- Tilt head back (not for infants or injured)</li><li>- Lift jaw and pinch nostrils</li></ul></li></ul>	
<b>C Circulation</b> (at 100 compressions/min)	<b>CHILD &amp; ADULT:</b> <ul style="list-style-type: none"><li>&gt; Place hands over the centre of the chest (sternum).</li><li>&gt; Compress sternum one third the depth of the chest <b>30 times</b></li><li>&gt; <b>Continue with 30 compressions to 2 breaths</b></li><li>&gt; Do not interrupt compressions for more than 10 seconds</li></ul>	
	<b>INFANT:</b> <ul style="list-style-type: none"><li>&gt; Position 2 fingers on lower half of the sternum</li><li>&gt; Depress sternum approximately <b>one third the depth of the chest</b></li><li>&gt; <b>Continue with 30 compressions to 2 breaths</b></li></ul>	
<b>D Defibrillation</b>	If Automated External Defibrillator (AED) is available	

**CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR SIGNS OF LIFE RETURN**  
Beware of rescuer fatigue, if help is available swap rescuers every few 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](http://www.ambulance.nsw.gov.au).

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This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at November 2013. For more information visit: [www.resus.org.au](http://www.resus.org.au)