






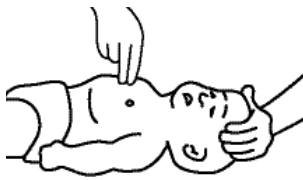
# CPR Chart



NSW Ambulance

## Cardio Pulmonary Resuscitation

### IN AN EMERGENCY REMEMBER YOUR **DRSABCD**

<b>D</b> angers?	Check for danger e.g. electrical cords, petrol or other hazards	
<b>R</b> esponsive?	Is the patient unresponsive and not breathing normally?	
<b>S</b> END FOR HELP!	<ul style="list-style-type: none"><li>&gt; Shout for assistance</li><li>&gt; Get someone to dial Triple Zero (000) immediately</li><li>&gt; Ask for <b>AMBULANCE</b></li></ul>	
Open <b>A</b> irway	<ul style="list-style-type: none"><li>&gt; Gently tilt head back and lift chin (not for infants)</li><li>&gt; Remove foreign matter from mouth (and nose of baby)</li></ul>	
Normal <b>B</b> reathing?	<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 100-120 compressions/min</b></li></ul>	
Start <b>C</b> PR	<b>CHILD &amp; ADULT:</b> <ul style="list-style-type: none"><li>&gt; Place heel of hand on the lower half of the sternum in the centre of the chest</li><li>&gt; Compress sternum one third the depth of the chest <b>30 times</b> at a rate of 100-120 compressions per minute</li><li>&gt; <b>Continue with 30 compressions to 2 breaths</b></li><li>&gt; Interruptions to chest compressions must be minimised</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>	
Attach <b>D</b> 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](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 January 2016. For more information visit: [www.resus.org.au](http://www.resus.org.au)