






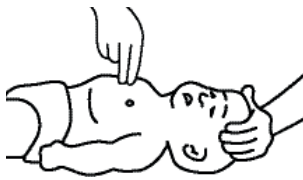
CPR Chart



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