RESUSCITATION

D

DANGER

Check for hazards & ensure safety

Adults & Children



Head tilt/chin lift



Press with 2 Hands



Full breaths

R

RESPONSE

A casualty who is unresponsive and not breathing normally needs urgent resuscitation



OPEN AIRWAY



CHECK BREATHING

If not breathing OR breathing abnormally, start CPR



CPR

30 Compressions: 2 Breaths (if unwilling or unable to do breaths, consider doing chest compressions only)



DEFIBRILLATION

As soon as available, follow the prompts



SEND FOR HELP

Call the ambulance

Infants under 1 year



Neutral head position



Press with 2 Fingers



Puffs

Dial Triple Zero (000) for an Ambulance

Ensure Safety for Self and Others

SIGNS & SYMPTOMS

Unconscious, not responding, not breathing normally, or not breathing at all.

CPR DETAILS

	Children	under 1 year
Open Airway →	Head tilt/chin lift	Neutral head
Press with? →	2 Hands	2 Fingers
How hard? →	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breath pressure? \rightarrow	Full breaths	Puffs
How many? →	30 Compressions : 2 Breaths	
How fast? →	Compressions should be done at the rate of almost 2 per second (continuous rate of 100 - 120 per minute)	

For more information visit: www.resus.org.au

CONTINUE CPR / DEFIBRILLATION

Until responsiveness or normal breathing returns, or help arrives

