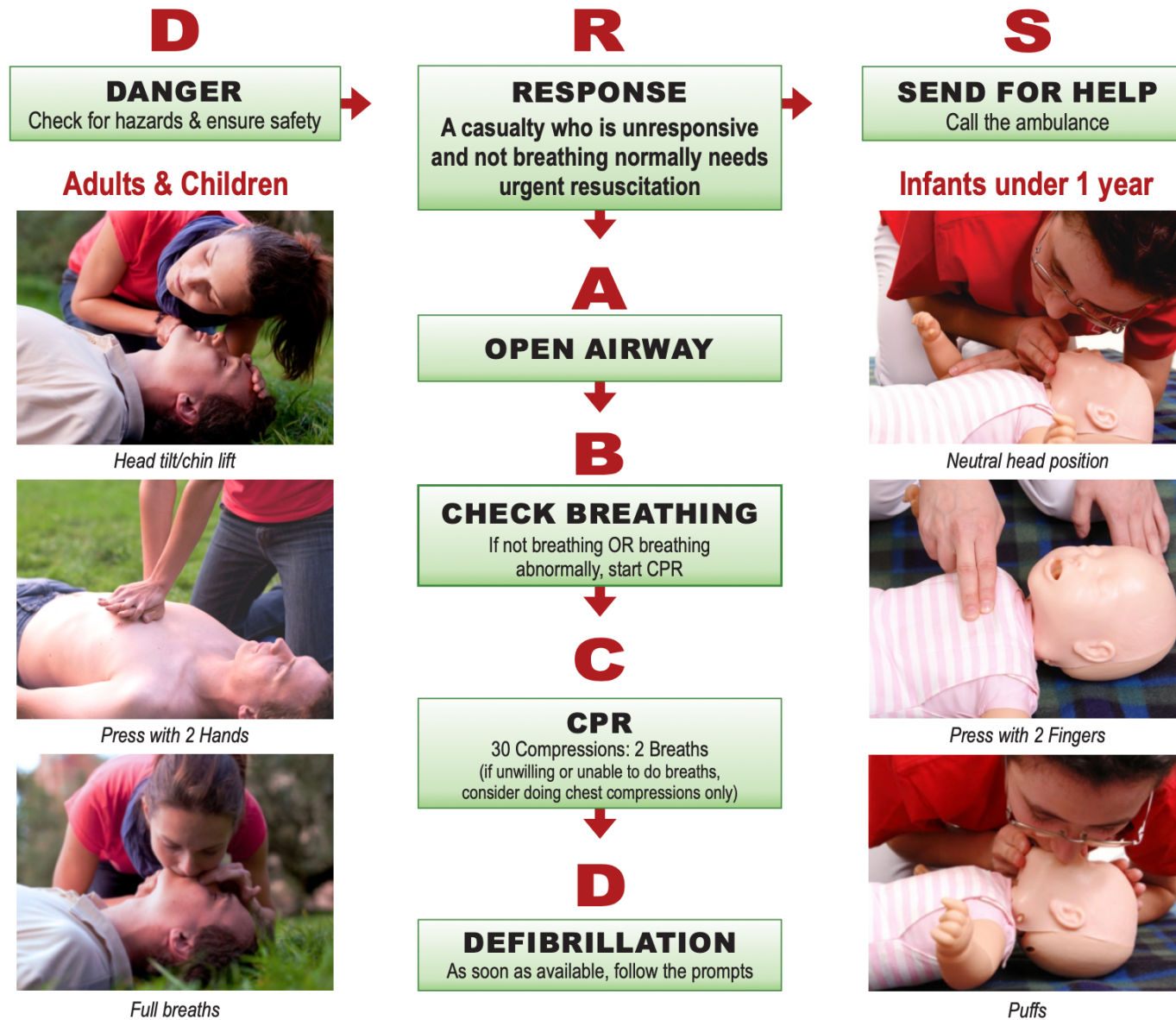


RESUSCITATION



**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

	Adults and Children	Infants 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? →	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



INDUSTRY TRAINING
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