

RESUSCITATION

1 Danger

Check For Danger To You To Casualty And To Others

2 Response

Talk & Touch

RESPONDS

Reassure, Make Comfortable Treat Bleeding And Other Injuries



3 Send For Help

EMERGENCY PHONE: 999
REMOTE AREAS PHONE: 112
from mobiles

4 Airway

Open Airway

NO RESPONSE



If Required, Roll Casualty On Side To Clear Airway

5 Breathing

Check For Breathing

BREATHING

Observe Breathing Look, Listen & Feel



6 CPR

For Mutual Protection The Use Of A Shield Device Is Recommended

NOT BREATHING NORMALLY



Begin CPR
30 Compressions Followed By 2 Rescue Breaths
If Unwilling/Unable To Perform Rescue Breaths Continue Chest Compressions
Continue CPR Until Responsiveness Or Normal Breathing Returns

7 Defibrillation

Attach AED (Automated External Defibrillator) If Available & Follow Prompts



Child Resuscitation Guide

Child Not Breathing Normally

Give 2 small breaths, tilting head OR using 1 or 2 hands compress 1/2 chest depth on the middle of chest. Give 30 compressions & 2 breaths.



Infant Resuscitation Guide

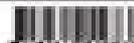
Infant Not Breathing Normally

Give 2 puffs of air (at least 90). Using 2 fingers, compress 1/2 chest depth on the middle of chest. Give 30 compressions & 2 breaths.



FIRST AID'S CHOICE

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Cardio Pulmonary Resuscitation Rate Chart

	Adult & Older Child	Young Child 1-6	Infant Less Than 1
Head Tilt	Maximum	Moderate	Nil
CPR Pressure	2 Hands	1 or 2 Hands	2 Fingers
CPR Chest Depth	1/3	1/3	1/3
CPR Rate	100/min	100/min	100/min
Ratio of Compressions to Inflation	30:2	30:2	30:2

If unwilling/unable to perform rescue breaths continue with chest compressions

Cpr First Aid Cheat Sheet

R Sandford



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