

PHONE:

NEAREST
CROSS ST:

DANGER

Check for **Danger** for 1.Yourself,
2.Bystanders and 3.The Patient/Victim.



RESPONSE

Check for **Response** by talk and touch.

SEND

If unresponsive, **Send** for help by calling
Triple Zero (000) or **112 for mobiles.**



AIRWAY

Open **Airway** and ensure it is clear. If not, roll
patient onto their side and clear the airway.

BREATHING

Check **Breathing**. If patient is not breathing or
breathing is not normal, commence CPR.

CPR

Start **CPR**. Give 30 Chest Compressions followed by
2 rescue breaths. If unwilling or unable to perform
rescue breaths, continue chest compressions.

DEFIBRILLATION

Attach an **Automated External
Defibrillator (AED)** as soon as it is
available and follow its prompts.



ADDITIONAL CPR INFORMATION

- Compress in the middle of the chest 1/3 the depth of the chest.
- Give 30 compressions at a rate of 100-120 per minute.
- Continue the CPR until responsiveness or normal breathing return.

FIRST AID & CPR TRAINING COURSES

Disclaimer: Healthcorp and Apply First Aid partners do not accept any liability to any person for the information (or use of such information) which is provided in this resuscitation chart. This resuscitation chart does not replace training with an accredited training organisation.

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