



Scene Safety

yourself, others & victim

Is the casualty conscious?

talk and touch

If unconscious call
For help



Open Airway

Look for signs of life

Check for breathing

Look, listen & feel

For 10 seconds

30 chest compressions

2 per second, 1/3 of chest

Followed by 2 rescue breaths

Attach AED (Defib)

Attach ASAP and

follow voice prompts

NO SIGNS OF LIFE

Unresponsive, Unconscious, Not breathing normally

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This resuscitation chart does not replace training with an accredited training organisation