IN AN EMERGENCY DIAL (000) FOR AN AMBULANCE

BASIC LIFE SUPPORT

CHECK FOR DANGER
Ensure the area is safe for:
- Yourself
- Bystanders
- Casualty

CHECK FOR RESPONSE
No Response
SEND FOR HELP
Call (000) or ask another person to call.

OPEN THE AIRWAY
Check for airway obstruction. If debris is present, roll the casualty to the recovery position and clear. To open the airway, tilt the head back and lift the chin.

CHECK BREATHING
LOOK – LISTEN – FEEL for 10 seconds
Not breathing or breathing abnormally
Normal breathing
Place in the recovery position and monitor breathing

START CPR
30 Chest Compressions + 2 Breaths

CPR position
Adult (>8 years)
- Pressure: 2 hands
- Depth: 5 cm +
- Rate: Almost 2 compressions per second (100-120/min)
- Breath: 2 full breaths with head tilt & chin lift

Child (>1 year)
- Pressure: 1 or 2 hands
- Depth: 5 cm
- Rate: 2 shallow breaths with head tilt & chin lift

Infant (<1 year)
- Pressure: 2 fingers
- Depth: 4 cm
- Rate: 2 puffs NO head tilt & slight chin lift

ATTACH DEFIBRILLATOR (AED)
Where an AED is available, attach it as soon as possible and follow the instructions. Continue CPR and defibrillation until signs of life resume or medical professionals take over.

*This information is not a substitute for First Aid Training*. Learn CPR First Aid with AustraliaWideFirstAid

www.australiawidefirstaid.com.au