

Resuscitation Chart

D



Danger

Check for **Danger** to Yourself, the Patient and Bystanders.

R



Response

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

S



Send

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

A



Airway

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

B



Breathing

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

C



CPR (30:2)*

Start CPR*
Give 30 Chest Compressions followed by 2 rescue breaths.
If unwilling or unable to perform rescue breaths continue chest compressions.
*For drowning, give 2 initial rescue breaths before starting compressions.
Ensure adequate backward head tilt when giving rescue breaths.
Compressions should be at a rate of 100-120 per minute in the centre of the chest and be 1/3 of the patient's chest depth.
For infants do not tilt head when administering breaths. Use 2 fingers to compress chest.

D



Defibrillation

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

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at sls.com.au or call 1300 766 257

This information is not a substitute for first aid training.
Surf Life Saving recommends that everyone be trained in first aid.

Australian for life.

