







# CPR CHART



**Ambulance Service  
of New South Wales**

## CARDIO PULMONARY RESUSCITATION

<b>D Check for danger</b>	<p><b>Check for danger</b> eg electrical cords, petrol or other hazards</p>	
<b>R Responsive</b>	<p><b>Check for signs of life</b>  <b>If no signs of life:</b>                  &gt; Unconscious                  &gt; Unresponsive                  &gt; Not breathing normally                  &gt; Not moving</p>	
<b>SHOUT FOR HELP!</b>	<p>&gt; Get someone to <b>dial 000 immediately</b>                  &gt; Ask for <b>AMBULANCE</b></p>	
<b>A Clear airway</b>	<p>&gt; Place person on their back                  &gt; Tilt head back (not for infants or injured)                  &gt; Remove foreign matter from mouth (and nose of baby)                  &gt; Place on side if there is a lot of foreign matter</p>	
<b>B Check breathing</b>	<p>&gt; Look, listen and feel for breathing                  &gt; <b>If normal breathing is present</b> leave or place patient on their side                  &gt; <b>If normal breathing is absent</b>                  – Place patient on their back                  – Tilt head back (not for infants or injured)                  – Lift jaw and pinch nostrils                  – Give <b>2 breaths</b> whilst watching rise and fall of chest</p>	
<b>C Circulation</b>	<p><b>ADULT:</b>                  &gt; Place one hand over the centre of the chest (sternum).                  &gt; Compress sternum <b>4 to 5 cm</b> (or one third the depth of the chest) <b>30 times</b>                  &gt; <b>Continue with 2 breaths to 30 compressions</b></p>	
	<p><b>CHILD:</b>                  &gt; Position 2 fingers on lower half of the sternum                  &gt; Depress sternum approximately <b>one third the depth of the chest</b>                  &gt; <b>Continue with 2 breaths to 30 compressions</b></p>	

**CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR SIGNS OF LIFE RETURN**

**This chart is not a substitute for attending a first aid course. LEARN CPR NOW!**

This CPR chart is provided free of charge and must not be sold. The chart is available to download from the Ambulance website at: [www.ambulance.nsw.gov.au](http://www.ambulance.nsw.gov.au).

For enquiries about this chart: Ambulance Service of NSW Locked Bag 105 Rozelle, NSW 2039 Tel: (02) 9320 7796

This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at December 2008. For more information go to: [www.resus.org.au](http://www.resus.org.au)