

CPR FLOW CHART

Emergency information only. This is not a substitute for First Aid Training - Learn First Aid today - call 1300 766 120



Look for **DANGER**

If you see someone hurt, **WHAT HURT THEM?**

Don't let it happen again!

If you get hurt, someone else has to rescue you



Look for a **RESPONSE**

Check for signs of life by trying to get a reaction from the casualty

Talk - Touch - Shout - Pinch - Squeeze. Try to wake them up



If there's no response, **SEND** for help 

Call 000, use the radio, send a runner...



Open the **AIRWAY**

If he doesn't respond, he may be unconscious and could be having trouble breathing without your help

If there is water or vomit in the mouth, gently roll the casualty to the side to drain it out.

Then gently tilt the head back to open the airway*



BREATHING

Once you have opened the airway, check to see if the casualty is breathing

Look for **NORMAL** breathing movement at the centre of the body, at the lower ribs



*Don't tilt a baby or toddler's head back, it's not necessary



COMPRESSIONS

If the casualty isn't breathing **NORMALLY**, you **MUST** start compressions immediately.

Draw a line across the chest, from one biceps to the other, the middle of that line is your target!

Push hard and fast - roughly two per second

Every 30 pumps, stop and give two slow breaths into the mouth or nose. Remember to keep the head tilted during the breaths.

Keep this going until help arrives!



DEFIBRILLATE

Defibrillation may be the best chance of survival

If an AED is available, open it. The device will play a recorded set of instructions. Listen and follow the prompts. If an AED is not available, continue CPR until the Ambulance arrives with theirs



NSW First Aid
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