

RESUSCITATION CHART



Danger

Ensure that there is no danger for:
YOURSELF ▶ BYSTANDERS ▶ PATIENT

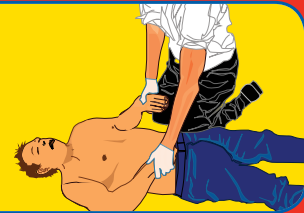
D



Response

Check for response by talk and touch.
If unresponsive **CALL 000** (mobiles 112).

R



Airway

Ensure airway is open and clear.
If obstructed, roll onto side and clear airway.
Check for signs of life*.

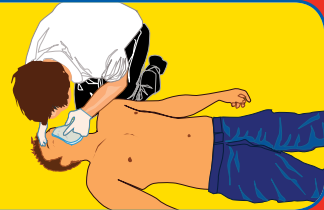
A



Breathing

Look, listen and feel for breathing.
If not breathing normally:
Tilt head backwards and give **2 BREATHS**.

B



Compression (30:2)

If **NO** signs of life* present:
Give **30 COMPRESSIONS** and **2 BREATHS**.
Do this at least 5 times every 2 minutes.

C



Defibrillation

Attach a defibrillator if available.
Turn on and follow voice prompts.

D



Infants

Do not tilt head when performing rescue breaths.
Use 2 fingers to compress chest.

*Signs of Life

Movement, responsiveness
consciousness, breathing.

YOU CAN BE A LIFESAVER TOO!

[WWW.SLSA.COM.AU](http://www.slsa.com.au)

To learn First Aid, Resuscitation and 'Lifesaving' Skills, please contact the Australian Lifesaving Academy in your State or Territory. Contact details are listed on the SLSA website.