

D

CHECK FOR DANGER



Quickly assess the situation, check for dangers and ensure safety to:

- Self, bystanders, and the casualty.

R

CHECK FOR RESPONSE



Follow the **COWS** instructions:



S

SEND FOR HELP



Call **(000)** for an ambulance or ask another person to make the call so that you can continue to assess the casualty.

A

OPEN THE AIRWAY



Check the mouth is clear from any blockages. To clear the airway, roll the casualty onto their side. The mouth should be opened and the head turned slightly downwards to allow any obvious foreign material (e.g. food, vomit, blood and secretions) to drain. Proceed to clear it out with your fingers if necessary. Once clear, with the casualty on their back, open the airway by gently tilting the head backwards and lifting the chin.

B

CHECK BREATHING



LOOK

For the rise and fall of the chest or abdomen.



LISTEN

For air escaping the nose and mouth.



FEEL

For the movement of air from the nose and mouth.

Breathing normally: place the casualty in the recovery position and monitor their breathing.
Not breathing or abnormal breathing: start CPR immediately.

C

START CPR



30 compressions : **2** breaths

D

ATTACH DEFIBRILLATOR (AED)

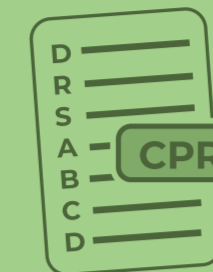


Where an AED is available, attach it as soon as possible and follow the instructions. Continue CPR and defibrillation until signs of life resume or medical professionals take over.

CPR GUIDE

ADULT & CHILD (> 8 Years)

In an emergency situation the DRSABCD flowchart must be followed first. If you have done so and deem CPR necessary for the casualty then follow the diagrams below.

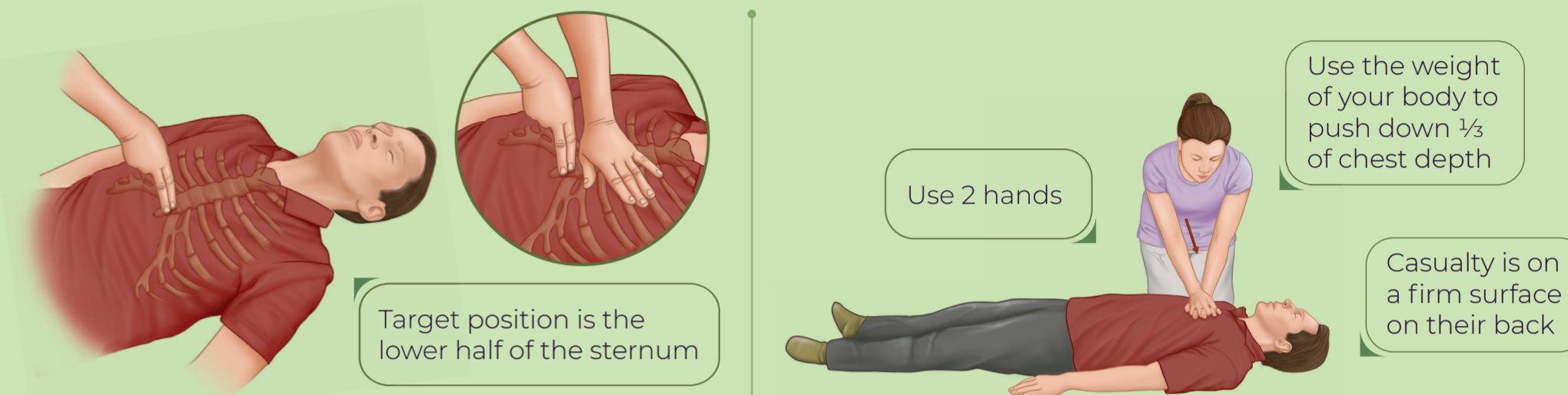


CPR is performed at a ratio of

30 compressions
2 rescue breaths



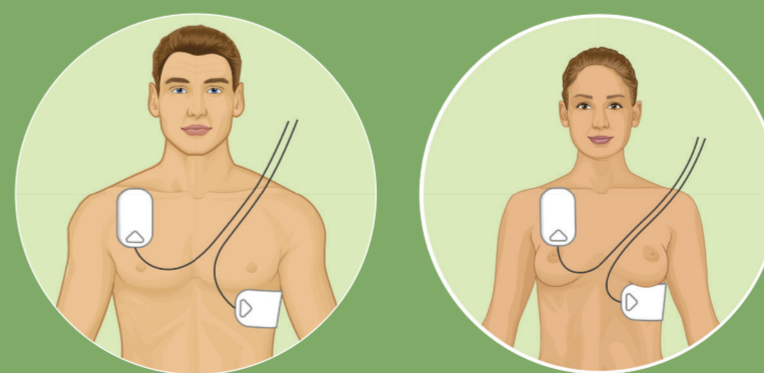
01 Perform 30 compressions hard and fast - at a rate of **100-120** per minute.



02 Perform 2 rescue breaths.



If an AED is available - turn AED on and follow the AED's instructions.



Same pad position for both male/female adult and older child

CONTINUE CPR UNTIL THE CASUALTY BREATHES NORMALLY OR MEDICAL PROFESSIONALS TAKE OVER

If the casualty resumes normal breathing then place them in the *recovery position* and monitor their breathing until an ambulance arrives.

Recovery position

