

**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:

 **C**an you hear me → 
  **O**pen your eyes → 
  **W**hat is your name? → 
  **S**queeze my hands → 
 **No response:** send for help.

**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 **left** 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

If possible wedge padding such as a cushion, towel or similar object under the casualty's **right** hip to tilt their hips about 15-30 degrees while leaving their shoulders flat to the ground.

**D**

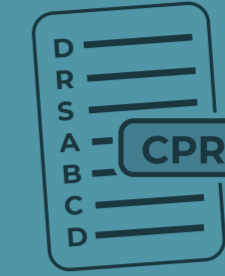
## ATTACH DEFIBRILLATOR (AED)





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.

In an emergency situation the DRSABCD action must be followed first before starting CPR. 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.

Target position is the lower half of the sternum

Use 2 hands

Use the weight of your body to push down  $\frac{1}{3}$  of chest depth

Casualty is on a firm surface on their back with shoulders flat to the ground

Wedge a towel or cushion under the righthip to tilt 15-30 degrees

**02** Perform 2 rescue breaths.

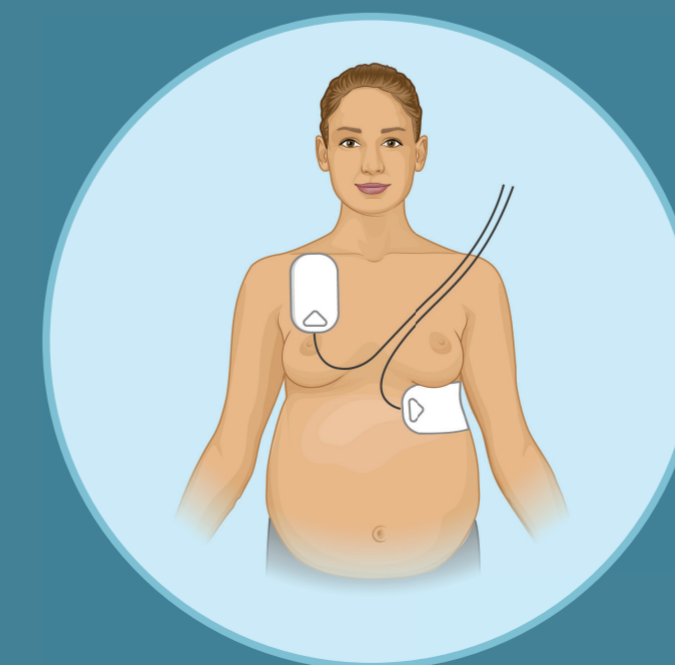
Head is tilted back and chin lifted

Pinch the soft part of the nose and open the casualty's mouth

Take a breath, form a tight seal and breathe steadily

Watch for the rise and fall of the chest

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



**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

**Perform on the LEFT-HAND side for someone heavily pregnant.**  
 If injury to the left side prevents this then perform on the right side and wedge a cushion or towel under the belly

Head tilted to keep the airway open

Knee stops body from rolling onto stomach

Hand supports head and mouth is toward the ground