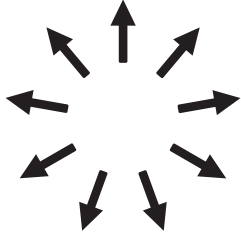


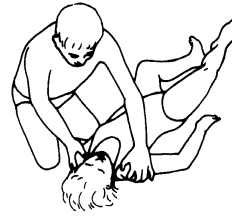
# RESUSCITATION GUIDE

## 1 DANGER



Use all senses to check for dangers to yourself, bystanders and the casualty, and to gain history. Move the casualty only if the danger cannot be eliminated.

## 2 RESPONSE



Talk to the casualty to check response. If there is no response, roll the casualty into the lateral position.

## 3 AIRWAY



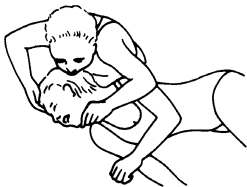
Check and clear the airway. Scoop downwards to remove any obstructions. Tilt the head to open the airway after it is clear.

## REMEMBER!! CALL FOR HELP

Send a bystander to call **000** for an ambulance as soon as possible.



## 4 BREATHING



Check breathing. **Look** for rise and fall of the chest. **Listen** for breathing sounds. **Feel** for breaths on the cheek and for ribcage movement. If breathing is **present** keep the casualty in the lateral position and **send for help**.

## 5 NO BREATHING



If breathing is **absent**, roll the casualty onto their back, tilt the head to open the airway and give 5 initial breaths in about 10 seconds.

## 6 CIRCULATION



Check the pulse for 5-10 seconds. If the pulse is **present**, continue Expired Air Resuscitation (EAR) : **1 breath every 4 seconds**.

## 7 NO CIRCULATION



If the pulse is absent locate the compression point and commence Cardio Pulmonary Resuscitation (CPR) : **2 breaths and 15 compressions 4 times per minute**.



The Royal Life Saving Society  
Australia

# RESUSCITATION

## Rates and Techniques

		Expired Air Resuscitation (EAR)	Cardio Pulmonary Resuscitation (CPR) 1 Operator	Cardio Pulmonary Resuscitation (CPR) 2 Operator
<b>ADULT:</b>	14 years and older	1 breath every 4 seconds 15 breaths per minute <i>Blow, Look, Listen, Feel</i>	15 compressions : 2 breaths in 15 seconds 4 cycles per minute	5 compressions : 1 breath in 5 seconds 12 cycles per minute
<i>Head tilt:</i>	full			
<i>Breath size:</i>	rise and fall of the chest			
<i>Compression depth:</i>	4 - 5 cm			
<i>Compression point:</i>	2 hands on lower half of sternum			
<b>OLDER CHILD:</b>	9 to 14 years old	1 breath every 4 seconds 15 breaths per minute <i>Blow, Look, Listen, Feel</i>	15 compressions : 2 breaths in 15 seconds 4 cycles per minute	5 compressions : 1 breath (5 compressions in 3 seconds: 1 breath in 2 seconds) 12 cycles per minute
<i>Head tilt:</i>	full			
<i>Breath size:</i>	rise and fall of the chest			
<i>Compression depth:</i>	approx 1/3 depth of chest			
<i>Compression point:</i>	2 hands on lower half of sternum			
<b>YOUNG CHILD:</b>	1 to 8 years old	1 breath every 3 seconds 20 breaths per minute <i>Blow, Look, Listen</i>	5 compressions : 1 breath (5 compressions in 3 seconds: 1 breath in 2 seconds) 12 cycles per minute	5 compressions : 1 breath (5 compressions in 3 seconds: 1 breath in 2 seconds) 12 cycles per minute
<i>Head tilt:</i>	as required			
<i>Breath size:</i>	rise and fall of the chest			
<i>Compression depth:</i>	approx 1/3 depth of chest			
<i>Compression point:</i>	1 hand on lower half of sternum			
<b>INFANT:</b>	Birth to 1 year old	1 breath every 3 seconds 20 breaths per minute <i>Blow, Look, Listen</i>	5 compressions : 1 breath (5 compressions in 3 seconds: 1 breath in 2 seconds) 12 cycles per minute	5 compressions : 1 breath (5 compressions in 3 seconds: 1 breath in 2 seconds) 12 cycles per minute
<i>Head tilt:</i>	neutral			
<i>Breath size:</i>	rise and fall of the chest			
<i>Compression depth:</i>	approx 1/3 depth of chest			
<i>Compression point:</i>	2 fingers on lower half of sternum			

## A guide to calling an **EMERGENCY AMBULANCE**

### Dial **000**. Ask for ambulance.

#### Be prepared to answer the following questions :

- What is the exact location of the emergency? \_\_\_\_\_
- Nearest intersection? \_\_\_\_\_
- What is the number of the phone you are calling from? \_\_\_\_\_
- What is the problem? \_\_\_\_\_ What exactly happened? \_\_\_\_\_
- How many people are hurt? \_\_\_\_\_
- What is the age of the patient? \_\_\_\_\_
- Is the patient conscious? \_\_\_\_\_ Is the patient breathing? \_\_\_\_\_

**Don't hang up.** Further questions may be required to determine the necessary ambulance response.

#### To assist ambulance :

- Answer each question calmly, accurately.
- Ensure the property is clearly identifiable.
- Have someone wait outside for the ambulance.
- Have any current medication ready.
- Put dogs away.

**Ring back on '000' if the patient's condition changes.**