

SEQUENCE / Action	Technical description
<b>SAFETY</b>	
Make sure you, the victim and any bystanders are safe	
<b>RESPONSE</b>	
Check the victim for a response	 <p data-bbox="815 390 1390 453">Gently shake his shoulders and ask loudly: "Are you all right?"</p> <p data-bbox="815 485 1390 621">If he responds leave him in the position in which you find him, provided there is no further danger; try to find out what is wrong with him and get help if needed; reassess him regularly</p>
<b>AIRWAY</b>	
Open the airway	 <p data-bbox="815 674 1390 705">Turn the patient onto his back if necessary</p> <p data-bbox="815 716 1390 810">Place your hand on his forehead and gently tilt his head back; with your fingertips under the point of the victim's chin lift the chin to open the airway</p>
<b>BREATHING</b>	
Look, listen and feel for normal breathing	 <p data-bbox="815 936 1390 1031">In the first few minutes after cardiac arrest, a victim may be barely breathing, or taking infrequent, slow and noisy gasps.</p> <p data-bbox="815 1041 1390 1136">Do not confuse this with normal breathing. Look, listen and feel for <b>no more</b> than 10 seconds to determine whether the victim is breathing normally.</p> <p data-bbox="815 1157 1390 1251">If you have any doubt whether breathing is normal, act as if it is they are not breathing normally and prepare to start CPR</p>
<b>UNRESPONSIVE AND NOT BREATHING NORMALLY</b>	
Alert emergency services	 <p data-bbox="815 1272 1390 1335">Ask a helper to call the emergency services (112) if possible otherwise call them yourself</p> <p data-bbox="815 1367 1390 1388">Stay with the victim when making the call if possible</p>
<b>SEND FOR AED</b>	
Send someone to get AED	 <p data-bbox="815 1545 1390 1640">Send someone to find and bring an AED if available. If you are on your own, do not leave the victim, start CPR</p>

## CIRCULATION

### Start chest compressions



Kneel by the side of the victim

Place the heel of one hand in the centre of the victim's chest; (which is the lower half of the victim's breastbone (sternum))



Place the heel of your other hand on top of the first hand

Interlock the fingers of your hands and ensure that pressure is not applied over the victim's ribs

Keep your arms straight

Do not apply any pressure over the upper abdomen or the bottom end of the bony sternum (breastbone)



Position yourself vertically above the victim's chest and press down on the sternum approximately 5 cm (but not more than 6 cm)

After each compression, release all the pressure on the chest without losing contact between your hands and the sternum

Repeat at a rate of 100-120 min<sup>-1</sup>

## IF TRAINED AND ABLE

### Combine chest compressions with rescue breaths



After 30 compressions open the airway again using head tilt and chin lift

Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead

Allow the mouth to open, but maintain chin lift

Take a normal breath and place your lips around his mouth, making sure that you have a good seal

Blow steadily into the mouth while watching for the chest to rise, taking about 1 second as in normal breathing; this is an effective rescue breath

Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out

Take another normal breath and blow into the victim's mouth once more to achieve a total of two effective rescue breaths. Do not interrupt compressions by more than 10 seconds to deliver two breaths. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions

Continue with chest compressions and rescue breaths in a ratio of 30:2

**IF UNTRAINED OR  
UNABLE TO DO  
RESCUE BREATHS**

**Continue compression  
only CPR**



Give chest compressions only CPR (continuous compressions at a rate of 100-120 min<sup>-1</sup>)

**WHEN AED ARRIVES**

**Switch on the AED and  
attach the electrode  
pads**



As soon as the AED arrives:

Switch on the AED and attach the electrode pads on the victim's bare chest

If more than one rescuer is present, CPR should be continued while electrode pads are being attached to the chest

**Follow the  
spoken/visual  
directions**



Ensure that nobody is touching the victim while the AED is analysing the rhythm

**If a shock is indicated,  
deliver shock**



Ensure that nobody is touching the victim

Push shock button as directed (fully automatic AEDs will deliver the shock automatically)

Immediately restart CPR 30:2

Continue as directed by the voice / visual prompts

**If no shock is indicated,  
continue CPR**



Immediately resume CPR. Continue as directed by the voice/visual prompts

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**IF NO AED IS  
AVAILABLE CONTINUE  
CPR**

Continue CPR



Do not interrupt resuscitation until:

- a health professional tells you to stop
- the victim is definitely waking up moving, opening eyes and breathing normally
- you become exhausted

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**IF UNRESPONSIVE BUT  
BREATHING  
NORMALLY**

If you are certain the victim is breathing normally but is still unresponsive, place in the recovery position (see First aid chapter).



It is rare for CPR alone to restart the heart. Unless you are certain the person has recovered continue CPR

Signs the victim has recovered

- waking up
- moving
- opens eyes
- normal breathing

Be prepared to restart CPR immediately if patient deteriorates

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