

CPR

Two steps to save a life:



Call 911



Push hard and fast in the center of the chest.

1

Check response
Can you hear me?
Open your eyes.
What's your name?
Squeeze my hand.



2

Establish an airway
Support the jaw and tilt the head.
If you see fluid or foreign objects, turn the patient onto their side and clear.



3

Check for breathing
Look at the chest.
Listen for air escaping.
Feel for air escaping and chest rising.



4

If no breathing, give two rescue breaths.



At A Glance



Check for danger



Call for help



If no signs of life, give CPR

5

If still no signs of life
Give 30 compressions on the centre of the chest and two rescue breaths.
Do this at least 5 times in 2 minutes.



6

If the person shows signs of life, then place the person on their side.



7

Continue until help arrives.
If available, implement a defibrillator as soon as possible.



What happens when you call 000?

Firstly, a Telstra operator will confirm which agency you require, your location and the state you are in.

Ask for an Ambulance.

Then a trained Ambulance Communications Officer will dispatch paramedics having asked you the following questions:

- the location of the incident
- the call back phone number
- details of the incident
- if the casualty is conscious
- if the casualty is breathing
- the casualty's exact injury or illness.

The Communications Officer will then make you aware of the actions you should take until the paramedics arrive.

Adult CPR

1. Tilt head
2. Give 2 full breaths
3. Start compressions using both hands - 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



Child CPR (1-8 years)

1. Tilt head
2. Give 2 full breaths
3. Start compressions with one hand - only 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



Infant CPR (0 -1 years)

- DO NOT TILT HEAD!**
1. Give 2 breaths (puffs)
 2. Start compressions using two fingers only — 30 times
 3. Repeat — 2 breaths, 30 compressions
 4. Continue until the ambulance arrives, patient recovers or it is impossible to continue.

