



# Resuscitation (CPR)

Ensure the safety of everyone  
Call the ambulance on Triple Zero (000)



**Signs & Symptoms**  
Unconscious, unresponsive  
Not breathing normally or not breathing at all.

	Adults and children	Infants under 1 year
Head tilt →	Yes	No
Pressure →	2 Hands	2 Fingers
Depth →	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breaths →	Full	Puffs
Ratio →	30 Compressions : 2 Breaths	
Rate →	Compressions should be performed at the rate of almost 2 per second (i.e. continuous rate of 100 per minute)	

For more information visit: [www.resus.org.au](http://www.resus.org.au)

**Continue CPR and Defibrillation sequence until responsiveness or normal breathing returns, or help arrives**

**D**  
**DANGER**  
Check for hazards & ensure safety

Adults & Children



**R**  
**RESPONSE**  
A casualty who is unresponsive and not breathing normally needs urgent resuscitation

**A**  
**OPEN AIRWAY**  
Head tilt/Chin lift

**B**  
**CHECK BREATHING**  
If not breathing OR breathing abnormally, commence CPR

**C**  
**CPR**  
30 compressions: 2 breaths (if unwilling or unable to do breaths consider doing chest compressions only)

**D**  
**DEFIBRILLATION**  
As soon as available, follow the prompts

**S**  
**SEND FOR HELP**  
Call the ambulance

Infants under 1 year

