

CPR GUIDELINES

ADULTS & CHILDREN 8+ YEARS

1

Dial 000

- If possible, ask someone else to call.
- If you have an AED, have someone else retrieve it.



2

30 Compressions

- Interlock fingers & lock elbows, push firmly at least 2 inches deep.
- Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.
- If not CPR trained, only perform these cycles of 30 compressions. Go to Step 5.



3

Open Airway

- Place your palm on their forehead & gently tilt their head back. With your other hand, gently lift their chin forward to open airway.
- Check for normal breathing.



4

Two Breaths

- Keep their airway open, pinch nostrils shut & cover their mouth with yours.
- Give two gentle breaths
- Each breath should last 1 full second. Look to see if chest rises with each breath.



5

Perform 5 total Cycles

- Repeat each compression and breath cycle up to five times or until the person begins breathing.
- Use an AED if available.



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Basic Life Support Flow Chart

D

Check for **Danger**



Hazards / Risks / Safety?

R

Responsive?



Ask name or squeeze shoulders, Responsive then make comfortable and monitor response

S

Send for Help



Send for Help - Call 000
Ask bystander to assist if necessary

A

Open **Airway** Look for signs of life



Look for obstructions in the mouth, if yes place in recovery position and clear airway

B

Normal **Breathing?** Check for breathing



If Normal breathing, place in recovery position and monitor
Abnormal or no breathing, Start CPR

C

Give 30 chest **Compressions** (almost 2 compressions / second) followed by 2 breaths



D

Attach **Defibrillator** AED as soon as available and follow its prompts



Continue **CPR** until qualified personnel arrive or signs of life return



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