

# CPR

## Cardiopulmonary resuscitation

### D R S A B C D

#### D anger

- ▶ Check for danger.



#### R esponse

- ▶ Check for response.
- ▶ If no response...



#### S end for help

- ▶ Call Triple Zero (000)\* and ask for an ambulance.
- \*If calling Triple Zero (000) does not work on your mobile phone, try 112.



#### A irway

- ▶ Check the airway is open and clear.



#### B reathing

- ▶ Check for breathing.
- ▶ If not breathing or not breathing normally...



#### C PR

- ▶ Start CPR
- ▶ Give 30 chest compressions: 2 breaths
- ▶ Continue CPR until responsiveness or normal breathing return.



#### D efibrillation

- ▶ Attach a defibrillator (AED\*) if available and follow its voice prompts.

\*Automated External Defibrillator



For heart health information 1300 36 27 87 [www.heartfoundation.org.au](http://www.heartfoundation.org.au)