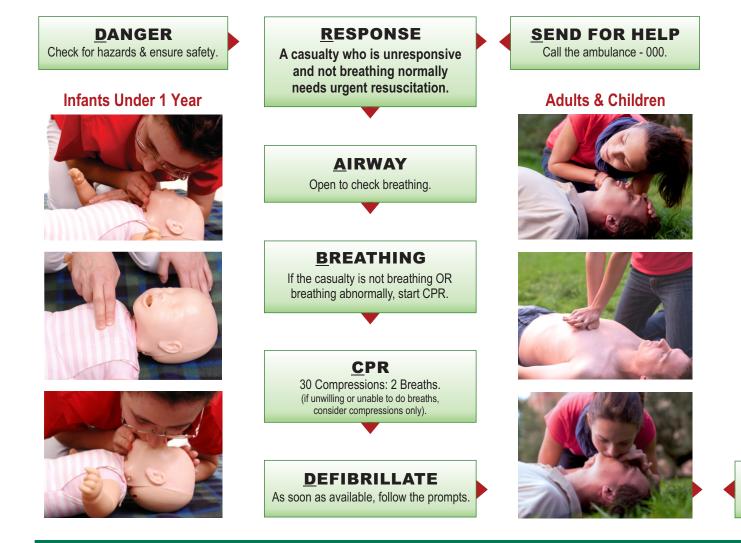
RESUSCITATION

DRSABCD RESPONSE



Ensure Safety for Self and Others

Call Triple Zero (000) for an Ambulance

SIGNS & SYMPTOMS

Unconscious, not responding, not breathing normally, or not breathing at all.

	Adults & Children	Infants Under 1 Year
Open Airway $ ightarrow$	Head tilt/chin lift	Neutral head
Press with? →	2 Hands	2 Fingers
How hard? \rightarrow	1/3 chest depth approx 5 cm	1/3 chest depth approx 4 cm
Breath pressure? →	Full breaths	Puffs
How many? \rightarrow	30 Compressions : 2 Breaths	
How fast? \rightarrow	Compressions should be done at the rate of almost 2 per second (continuous rate of 100 - 120 per minute)	

For more information visit: www.resus.org.au

CONTINUE CPR / DEFIBRILLATION

Until responsiveness or normal breathing returns, or help arrives.

SHIELD TRAINING AND CONSULTING www.shieldtraining.com.au 0419433993 admin@shieldtraining.com.au