

# Resuscitation Chart



# D



## DANGER

Check for and remove any dangers to **yourself, bystanders and the victim**.

# R



## RESPONSE

Check for a response by **talk and touch**.

# S



## SEND

If unresponsive, send for help by **calling Triple Zero (000)**.

# A



## AIRWAY

Open airway and **ensure it is clear**.  
If not, roll victim onto their side and clear the airway.

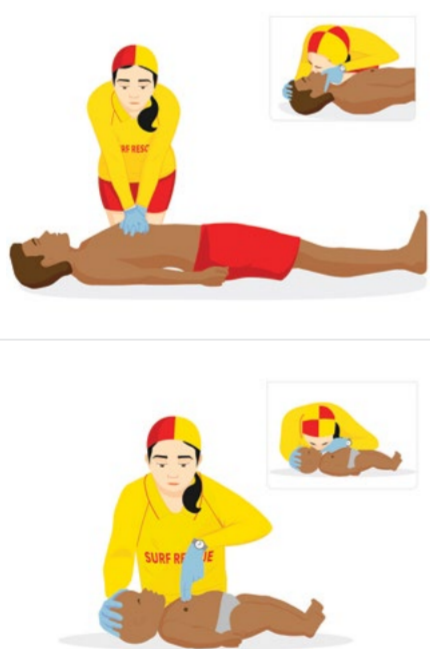
# B



## BREATHING

**Look, listen and feel** for breathing.  
If victim not breathing or breathing is not normal, start CPR.  
If normal breathing returns, roll victim on to their side and monitor them.

# C



## CPR (30:2)

Start **CPR**.  
Perform **30 chest compressions** followed by **2 rescue breaths**. Continue chest compressions if unwilling or unable to perform rescue breaths.  
Perform compressions at the **centre** of the victim's chest, at a rate of **100-120 per minute** and to **1/3 the depth** of the victim's chest.  
Ensure adequate backward head tilt when performing rescue breaths for adults and children. For **infants**, apply no head tilt and use 2 fingers to compress the infant's chest.

# D



## DEFIBRILLATION

Attach an Automated External Defibrillator (**AED**) as soon as it is available and **follow its prompts**.

### Continue CPR until:

- Responsiveness or normal breathing returns.
- A health care professional arrives and takes over CPR.
- It is unsafe or impossible to continue (e.g., exhaustion).
- A health care professional advises to cease CPR.

To get involved or learn to save a life, visit [sls.com.au](https://sls.com.au)