



### 1 COLLAPSED

#### IS THE PERSON UNCONSCIOUS?

- > Check for **danger** eg electrical cord, petrol
- > Confirm unconscious state:
  - > Squeeze person's shoulder
  - > Shout: "are you alright?" or "open your eyes"



### 2 POSTURE

#### TURN PERSON ONTO THEIR SIDE

- > Bend closest leg at knee
- > Lift and move closest arm towards other side
- > Push bent leg towards other side



### 3 AIRWAY

#### CLEAR AIRWAY

- > Tilt person's head well back (NOT for an infant or the injured)
- > Clear any foreign matter from mouth (and nose of a baby)



### 4 AMBULANCE

#### GET HELP!

- > Ask someone to **DIAL 000**
- > Ask for **AMBULANCE**
- > Give:
  - address
  - nearest cross street
  - type of emergency
- > **Do not hang up**



### 5 BREATHING

#### CHECK FOR BREATHING

- > Look for rise and fall of chest
- > Listen and feel for breathing
- > If **breathing is present** leave person on their side



**IF BREATHING IS ABSENT  
START RESCUE BREATHING** ▼

#### REPOSITION PERSON

- > Turn person onto their back
- > Tilt their head well back (NOT for a baby or the injured)
- > Lift jaw



#### ADULT, CHILD AND INFANT

- > Pinch nostrils
- > Seal your mouth over person's mouth and give **2 breaths**
- > Check that the chest rises and falls with each inflation
- > Use **smaller** breaths for a **child**



### 6 CIRCULATION

#### CIRCULATION FOR AN ADULT

- > Position one hand on the centre of the chest (breastbone) grasping wrist with other hand
- > Compress breastbone **4 to 5cm** or one third the depth of the chest
- > Continue with **2 breaths to 30 compressions**
- > Rate of compressions is **100 per minute** or almost 2 per second



#### CIRCULATION FOR AN INFANT

- > Position 2 fingers on lower half of sternum
- > Depress sternum approximately **one third the depth of chest**
- > Continue with **2 breaths to 30 compressions**



This chart is not a substitute for attending a first aid course. **LEARN CPR NOW!**

**CONTINUE CPR UNTIL AMBULANCE OFFICERS ARRIVE**