

# Resuscitation Chart



## DANGER

Ensure the scene is *Safe* for **yourself, others and the casualty.**



## RESPONSE

Check response by *Talk and Touch*.  
**If unresponsive shout for help.**



## AIRWAY

Ensure airway is *Open and Clear*.  
**Check Breathing.**



## BREATHING

*Look, Listen and Feel* for normal breathing.  
**Keep the airway open and check breathing**  
Ⓛ **If not breathing normally call 999.**



## COMPRESSIONS

If not breathing *normally* start compressions  
**Give 30 compressions.**  
**Give 2 breaths.**



## DEFIBRILLATION

Attach *Automated External Defibrillator (AED)*.  
**If available turn on AED and follow the prompts.**

### ADDITIONAL COMPRESSION/BREATHING INFORMATION

ADULT	CHILD	INFANT
USE 2 HANDS	USE 2 HANDS	USE 2 FINGERS
COMPRESS THE CHEST 4 - 5 CM	COMPRESS 1/3 CHEST DEPTH	COMPRESS 1/3 CHEST DEPTH

Give 30 compressions at a rate of 100 per minute and then give 2 breaths.

Repeat 30 compressions and 2 breaths sequence.

If rescue breaths are unsuccessful you will need to clear the airway after the next cycle of compressions.

This resuscitation chart does not replace training with an accredited training organisation.

