

# ALWAYS KEEP WATCH

## A GUIDE TO CPR

**D**

### CHECK FOR DANGER

To yourself, bystanders & the casualty.

**R**

### CHECK FOR RESPONSE

Squeeze their shoulders & hands, ask the casualty questions.

**S**

### SEND FOR HELP

If unresponsive, call Triple Zero (000).

**A**

### OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required. Then open the airway by tilting head. No head tilt for infants.

**B**

### BREATHING NORMALLY?

**NO - START CPR** (If Yes - Place casualty on their side).

**C**

### START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS.**

**CHILD & ADULT (OVER 1 YEAR)****COMPRESSION POINT**

1 or 2 hands on the centre of the chest.  
Compress 1/3 of chest depth.

**COMPRESSION RATE**

Compress at a rate of  
100-120 compressions per minute.

**BREATHS**

Tilt head, lift chin & give breaths.  
Look for the rise & fall of the chest in between breaths.

**INFANT (0-1 YEAR)****COMPRESSION POINT**

2 fingers on the centre of the chest.  
Compress 1/3 of chest depth.

**COMPRESSION RATE**

Compress at a rate of  
100-120 compressions per minute.

**BREATHS**

Don't tilt head, keep in neutral position, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE & MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

**D**

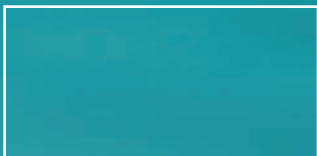
### ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.



ROYAL LIFE SAVING  
WESTERN AUSTRALIA





## **SUPERVISE**

**Always keep watch of your child  
around water**

## **RESTRICT**

**Restrict your child's access to  
water at all times**

## **TEACH**

**Teach your child water  
safety skills**

## **RESPOND**

**Learn CPR and call Triple Zero  
(000) in an emergency**

**Learn how to save a life.  
Enrol in a CPR course now.**

**Visit [royallifesavingwa.com.au](http://royallifesavingwa.com.au)**

Partner:



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