



*In an emergency, remember:*

# DRSABCD

**DANGER:** Check for danger

**RESPONSE:** Ask if they are okay, squeeze shoulders

**SEND:** Send for help

**AIRWAY:** Clear and open airway

**BREATHING:** If less than 2 breaths in 10 sec, start CPR

**COMPRESSIONS:** 30 compressions then 2 breaths

**DEFIB:** Attach an AED as soon as possible

## ROYAL LIFE SAVING RESUSCITATION CHART

HEAD TILT	Adults & Children: Full	Infants: Neutral
HAND PLACEMENT	Centre of chest	
RATIO	30 compressions to 2 breaths	
SPEED	2 compressions per second	
COMPRESSION DEPTH	1/3 for all ages	