Resuscitation Chart

D

Danger
Check for Danger to Yourself, the Patient and Bystanders.

R

Response
Check for 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 patient onto their side and clear the airway.

B

Breathing
Check Breathing.
If patient is not breathing or breathing is not normal, commence CPR.

C

CPR (30:2)*
Start CPR*
Give 30 Chest Compressions followed by 2 rescue breaths.
If unwilling or unable to perform rescue breaths continue chest compressions.
*For drowning, give 2 initial rescue breaths before starting compressions.

Ensure adequate backward head tilt when giving rescue breaths.
Compressions should be at a rate of 100-120 per minute in the centre of the chest and be 1/3 of the patient’s chest depth.
For infants do not tilt head when administering breaths. Use 2 fingers to compress chest.

D

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

Continue CPR until:
- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at surflifesaving.com.au or call 1300 766 257

This information is not a substitute for first aid training.
Surf Life Saving recommends that everyone be trained in first aid.