

# Cardiopulmonary Resuscitation (CPR)



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# CPR – Chain of Survival

*The Chain of Survival highlights 4 key stages in the care of a casualty whose heart and breathing have stopped and needs resuscitation.*

*Each link in the chain represents a vital step in the care given to a casualty that needs CPR. If one link in the chain fails then the chance of a good outcome for the casualty decreases significantly.*

## Chain of Survival – 4 links:

1. Early Access – to get help as soon as you identify a problem
2. Early CPR – to buy time
3. Early Defibrillation – to re-start the heart
4. Early Advanced Life Support – to stabilise casualty in order to minimise damage and increase the chance of a full recovery

As a first aider, you play a vital role in the Chain of Survival. Your actions in the first 3 links can increase the success of the final link.

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**Early Access –  
to get help**



**Early CPR –  
to buy time**



**Early Defibrillation –  
to re-start heart**



**Early Advanced Care –  
to stabilise casualty**

# DRSABCD – Step-by-step instructions



## 1. Check for danger –

Make sure it is safe to approach casualty

## 2. Check for response

- **C**an you hear me?
- **O**pen your eyes if you can hear me
- **W**hat is your name?
- **S**queeze my hand and let go if you can hear me



## 3. Send for help – Call 000 and ask for ambulance

## 4. Open and clear airway

- Look in casualty's mouth and check for anything that may block their airway
- Clear out any foreign material from casualty's mouth
- **Take care:** If there is water, vomit or blood in casualty's mouth turn them onto their side to assist in clearing this out
- **Take care:** Tilt casualty's head back while lifting and supporting their jaw to open airway



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# DRSABCD – Step-by-step *(continued)*



## 5. Check for normal breathing

- Look for regular movement of lower chest or upper abdomen
- Listen for any sounds of breathing from mouth or nose
- Feel for any regular movement of lower chest or upper abdomen



## 6. Start CPR – 30 chest compressions

- Place your hands on lower half of sternum in centre of chest
- Compress lower half of sternum approximately 1/3 of chest depth
- Give compressions at rate of almost 2 per second (approximately 100 per minute)



## 7. Give 2 rescue breaths

- Ensure casualty's mouth and nose are sealed
- Blow gently into casualty's mouth until their chest rises
- Remove your mouth to allow air to be expired from casualty's chest
- Give 2nd rescue breath



## 8. Continue to give regular cycles

- 30 chest compressions then 2 rescue breaths at rate of 5 cycles every 2 minutes

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# DRSABCD – Step-by-step *(continued)*



## 9. Attach defibrillator / AED (if available)

- As soon as possible and follow its instructions
- Re-start CPR as soon as shock has been delivered or as soon as AED indicates that no shock is advised

## 10. Continue CPR

- Until casualty starts breathing
- Until ambulance or medical aid arrives and takes over
- Until it becomes dangerous to continue due to fatigue or other hazards

## 11. Watch for any signs

- Return of normal breathing and response
- Casualty starts breathing normally but is still unconscious (place them on their side in a stable position)



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# CPR – Chest compressions

*This will compress the heart between the sternum (breastbone) and the spine so that blood circulates throughout the casualty's body, especially to the brain and other vital organs.*

## Vital Steps

- Place your hand/s or fingers on lower half of sternum in centre of chest
- Use 2 hands for an adult; 1 or 2 hands for a child; 2 fingers for an infant
- Compress lower half of sternum approximately 1/3 of chest depth each time (adult = more than 5cm; child 1 to 8 years = approximately 5cm; infants under 1 year = 4cm) (ARC Guideline 6, December 2016)
- Maintain an even rhythm by allowing equal time for each compression and recoil of chest – allow chest to recoil completely before next compression
- Give compressions at rate of almost 2 per second (approximately 100 per minute)
- After every 30 chest compressions, give 2 rescue breaths to help maintain oxygen levels in casualty's body
- If you are unwilling or unable to do rescue breaths give continuous chest compressions at rate of 100 per minute
- If more than one first aider is available swap the task of doing chest compressions every 2 minutes to prevent first aider fatigue and avoid possibility of a decrease in quality and depth of compressions



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