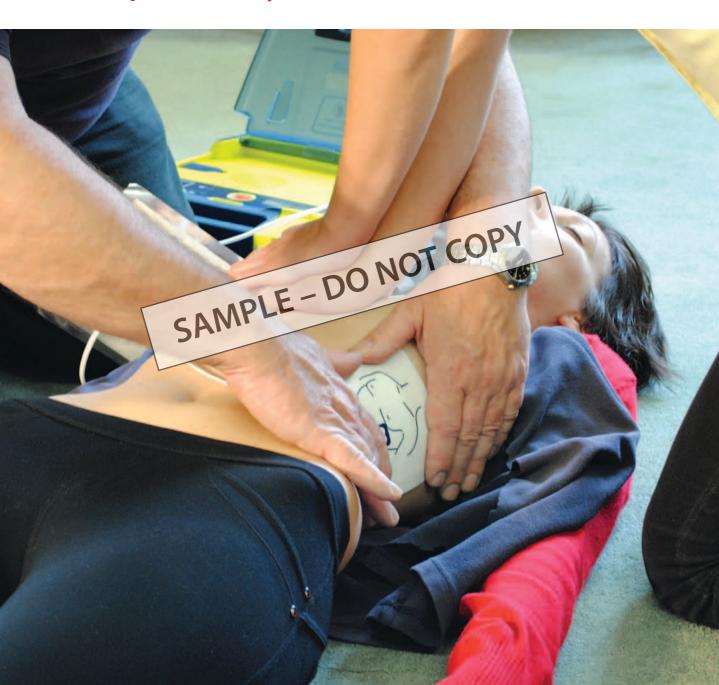
Cardiopulmonary Resuscitation (CPR)



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
- 4. Early Advanced Life Support to stabilise casualty in order to viring sedamage and inc. a full recovery

 As a first aider would be a sea of the sea of the stabilise casualty in order to viring sedamage and inc. ease the chance of

As a first aider you play a vita rvival. Your actions in the first 3 links can increase the success of the final link



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

- Can you hear me?
- Open your eyes if you can hear me
- What is your name?
- Squeeze my hand and let go if you can hear me

Send for help SaD000 and ask

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

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

Ove 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

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

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)

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 2010)
- 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









