







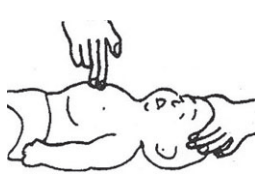




<p>1 COLLAPSED</p>	<p>IS THE PERSON UNCONSCIOUS?</p> <ul style="list-style-type: none"> • Check for danger eg electrical cord, petrol • Confirm unconscious state: <ul style="list-style-type: none"> • Squeeze person's shoulder • Shout: "are you alright?" or "open your eyes" 	
<p>2 POSTURE</p>	<p>TURN PERSON ONTO THEIR SIDE</p> <ul style="list-style-type: none"> • Bend closest leg at knee • Lift and move closest arm towards other side • Push bent leg towards other side 	
<p>3 AIRWAY</p>	<p>CLEAR AIRWAY</p> <ul style="list-style-type: none"> • Tilt person's head well back (NOT for a infant or the injured) • Clear any foreign matter from mouth (and nose of a baby) 	
<p>4 AMBULANCE</p>	<p>GET HELP!</p> <ul style="list-style-type: none"> • Ask someone to DIAL 000 • Ask for AMBULANCE • Give: <ul style="list-style-type: none"> • address • nearest cross street • type of emergency • Do not hang up 	
<p>5 BREATHING</p>	<p>CHECK FOR BREATHING</p> <ul style="list-style-type: none"> • Look for rise and fall of chest • Listen and feel for breathing • If breathing is present leave person on their side <p>If BREATHING ABSENT start RESCUE BREATHING ▼</p>	
	<p>REPOSITION PERSON</p> <ul style="list-style-type: none"> • Turn person onto their back • Tilt their head well back (NOT for a baby or the injured) • Lift jaw 	
	<p>ADULT, CHILD AND INFANT</p> <ul style="list-style-type: none"> • Pinch nostrils • Seal your mouth over person's mouth and give 2 breaths • Check that the chest rises and falls with each inflation • Use smaller breaths for a child 	
<p>6 CIRCULATION</p>	<p>CIRCULATION FOR AN ADULT</p> <ul style="list-style-type: none"> • Position heel of one hand on the centre of the chest (breastbone) grasping wrist with other hand • Depress sternum 4 to 5 cm 30 times • Continue with 2 breaths to 30 compressions (Compressions at 100 times per minute) 	
	<p>CIRCULATION FOR AN INFANT</p> <ul style="list-style-type: none"> • Position 2 fingers on lower half of sternum • Depress sternum approximately one third the depth of chest • Continue with 2 breaths to 30 compressions 	

CONTINUE CPR UNTIL THE AMBULANCE OFFICERS ARRIVE

This chart is not a substitute for attending a first aid course.
LEARN CPR NOW!

For further copies of this chart contact
Ambulance Service of New South Wales
Locked Bag 105 Rozelle NSW 2039
Ph: (02) 9320 7796

Note: This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at February 2006.
For more information go to www.resus.org.au