

# Resuscitation Chart

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## Danger

Check for danger.  
Make safe – if necessary.



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## Response

Speak to the casualty. If no reply – gently shake and shout “Are you alright?”

If no response – shout for help.



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## Airway

Open the airway by tilting the head back and lifting the chin.



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## Breathing

Look, listen and feel for normal breathing (for up to 10 seconds). If the casualty is not breathing normally, dial 999 and ask for an automated external defibrillator (AED), if one is available – then start CPR. Be suspicious of cardiac arrest in any patient presenting with seizures and carefully assess whether the victim is breathing normally.



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## Circulation

Give 30 chest compressions at a rate of 100 – 120/minute, compressing the chest by 5 – 6 cm.

Continue alternating 30 compressions and 2 breaths until help arrives with a defibrillator.

If an AED arrives, switch it on and follow the instructions.

Minimise interruptions to CPR when attaching the AED pads to the victim.

Do not stop CPR unless you are certain the victim has recovered and is breathing normally or a health professional tells you to stop.

If there is more than one rescuer, change over every 2 minutes to reduce tiredness.

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