

Resuscitation Chart

This CPR poster replaces the information presented on page 43 of the manual

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.

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 sls.com.au or call 1300 766 257

CHANGES TO SURF LIFE SAVING AUSTRALIA'S CPR PROTOCOLS

(This information updates the information presented in the chapters on resuscitation and defibrillation.)

In December 2010, the Australian Resuscitation Council made minor changes to the recommended procedures for CPR. As a result, Surf Life Saving Australia has modified its CPR protocols slightly to reflect the new recommendations. The new protocols are explained overleaf in Surf Life Saving Australia's CPR poster, and in detail in the latest imprint of the First Aid Manual (2nd edition). The main differences are:

- An "S" (Send for help) has been added to the acronym DRSABCD. Note that we have previously stated that we should send for help after "R" - checking for response, (if there was no response) but this was not highlighted in the acronym. There is therefore no change to the process other than to highlight the point.
- The term "Signs of Life" is no longer used. The signs to look for before commencing CPR have been simplified to "responsiveness" and "breathing" i.e. if not responsive and not breathing, commence CPR.
- There has been a slight change in the protocol for the sudden, adult cardiac arrest:
 - In cases of sudden cardiac arrest where the victim has not been immersed in water; CPR commences with 30 compressions before 2 rescue breaths are delivered.
 - For all drowned victims we still deliver 2 breaths before starting the CPR cycle (30:2).

Defibrillation

- Defibrillation on children over the age of 1 has been endorsed by the ARC and SLSA.
- If a patient has an implanted pacemaker, electrode pads should be positioned at least 8cm away from it. This has changed from the previous recommended distance of 2.5cm.

ALWAYS CALL TRIPLE-ZERO (000) IN EMERGENCIES

Surf Life Saving Australia no longer promotes use of the special 112 emergency number for mobile phones. In all circumstances when calling emergency services – whether from a landline or a mobile phone – you should dial Triple-Zero (000).

