



CPR

Rapid Action Plan

D**Danger****CHECK FOR HAZARDS**

- Yourself
- Bystanders
- The Casualty

**R****Response****CHECK RESPONSE**

"ARE YOU OK?"
Squeeze hand

**S****Send for Help**

If no response
PHONE 111
for ambulance

**A****Airway****CHECK AIRWAY**

Look in mouth for obstruction.
Clear, then Open Airway. Head tilt
for adults. Head in line with body for
small children.

B**Breathing****LOOK, LISTEN + FEEL**

for normal breathing.
If not breathing normally,
begin CPR.

C**Compression**

1. Position heel of hand in centre of the chest and grasp wrist with spare hand.
2. Depress hands to 1/3 the depth of chest at a rate of 100 per minute.

D**Defibrillation****If a defibrillator (AED) is accessible:**

As soon as possible, switch on unit,
follow the instructional prompts. (Dry
patient's chest). Continue cycles until
assistance arrives.