

# Get CPR friendly in Seconds



## **D** Danger

Check for **danger** to yourself or others.

## **R** Response

Check for **response** using talk and touch (5-10 seconds).

## **S** Send

Quickly **send** for help. Ring 000 on speaker phone. Ask for ambulance. They will tell you what to do.

## **A** Airway

Open **airway** and make sure it is clear. If required turn patient on their side to clear.

## **B** Breathing

If not **breathing** normally, start CPR. If breathing normally, roll on their side and monitor.

## **C** CPR

**30 chest compressions** (120 bpm – 1/3 depth of chest). Followed by **2 breaths** (tilt head back for adults).

## **D** Defibrillator

Get a **defibrillator** (AED) within 1-3 minutes. Turn it on and follow all the voice prompts.

**"Any attempt at resuscitation is better than no attempt"**

CPRfriendly.org for free training, events, resources & AED info or [info@CPRfriendly.org](mailto:info@CPRfriendly.org)