

Basic Life Support Flow Chart

D Check for **Danger**

R Check for **Response**

S **Send** for help. Call 000

A Open **Airway**

B Check for normal **Breathing**

C Start **CPR**. Give 30 chest compressions
(at a rate of 100-120 per minute) followed by 2 breaths
(CPR = Cardio Pulmonary Resuscitation)

D Attach **AED** as soon as available and follow prompts
(AED = Automated External Defibrillator)

Continue CPR until medical help arrives or normal breathing and responsiveness returns.
In an emergency, any CPR is better than no CPR at all.

It is recommended that CPR skills are updated with recertification training every 12 months.

First aid saves lives.

Individual and group bookings available.

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First Aid App

These guidelines do not replace first aid training. Red Cross recommends that everyone is trained in first aid. This information is accurate as of June 2016.

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