

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 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 more advanced personnel arrive 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.

1300 367 428 | redcross.edu.au

These guidelines do not replace first aid training.
Red Cross recommends that everyone is trained in first aid.
This information is accurate as of July 2015.

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