

First Aid

Made Easy

Update to Resuscitation Guidelines – October 2010

Summary of Changes:

- 1) When obtaining help, ask for an Automated External Defibrillator (AED) if one is available.
- 2) Compress the chest to a depth of 5–6cm.
(compress at least one third of the depth of the chest for children and babies)
- 3) Compress the chest at a rate of 100–120 per minute.
- 4) Do not stop to check the victim or discontinue CPR unless the victim starts to show signs of regaining consciousness AND starts to breathe normally.
(Example signs of regaining consciousness include: coughing, opening eyes, speaking or moving purposefully).

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