

# Resuscitation Reference Chart

**D**anger



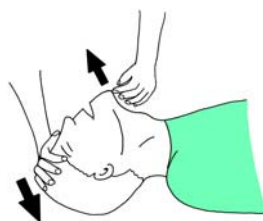
Look for any further danger.  
Don't put yourself or others at risk.

**R**esponse



Gently shake the shoulders and ask loudly "are you ok?"  
Shout for help, but don't leave the casualty yet.

**A**irway



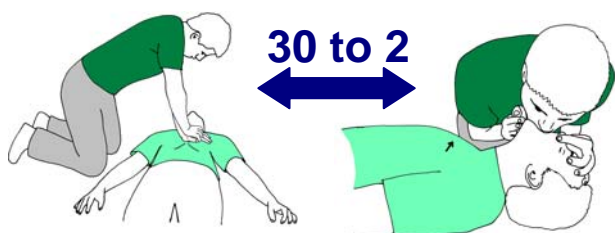
Open the airway by tilting the head back and lifting the chin.

**B**reathing



Look, listen and feel for *normal* breathing.  
If not breathing *normally* dial **999**, then start **CPR**.

## CPR:



- Give 30 chest compressions, then 2 rescue breaths.
- Continue giving cycles of 30 compressions to 2 rescue breaths.
- Only stop to recheck the patient if they start breathing **normally** – otherwise do not interrupt resuscitation.
- If there is more than one rescuer, change over every 2 minutes to prevent fatigue.

This resuscitation chart does not replace 'hands on' training with an approved training organisation.