

A GUIDE TO CPR

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ROYAL LIFE SAVING
AUSTRALIA

D

CHECK FOR DANGER

To yourself, bystanders and the casualty.

R

CHECK FOR RESPONSE

Squeeze their shoulders and hands, ask the casualty questions.

S

SEND FOR HELP

If unresponsive, call Triple Zero (000).

A

OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required.
Then open the airway by tilting head. No head tilt for infants.

B

BREATHING NORMALLY?

NO - START CPR (If Yes – Place casualty on their side).

C

START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS.**

CHILD & ADULT (OVER 1 YEAR)

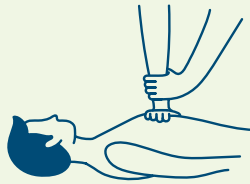
COMPRESSION POINT

1 or 2 hands on the centre of the chest.
Compress **1/3** of chest depth.



COMPRESSION RATE

Compress at a rate of
100-120 compressions per minute.



BREATHS

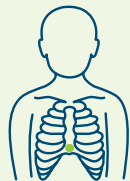
Tilt head, lift chin & give breaths.
Look for the rise & fall of the chest in between breaths.



INFANT (0-1 YEAR)

COMPRESSION POINT

2 fingers on the centre of the chest.
Compress **1/3** of chest depth.



COMPRESSION RATE

Compress at a rate of
100-120 compressions per minute.



BREATHS

Don't tilt head, keep in **neutral position**, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



D

ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.

D

Ji bo XETERÊ KONTROL BIKIN

Ji xwe re, temaşevan û birîndaran.

R

Ji bo BERSIVÊ KONTROL BIKIN

Dest û milên wan biperçiqînin, ji mexdûr bipirsin.

S

Ji bo ALÎKARIYÊ BIŞÎNIN

Eger bersiv tune be, telefonî Sê Sifirê (000) bikin.

A

RIYA HEWAYÊ VEKIN

Destpêkê, kontrol bikin ku riya hewayê ji astengiyê paqij e. Eger hewce be paqij bikin.

Dûv re riya hewayê bi serê xwe vekin. Ji bo pitikan nabe serê wan xwar bibe.

B

BI XWEZAYÎ BÊHNÊ DIKŞÎNE?

NA - CPR-ê DESTPÊ BIKE (Eger erê - Mexdûrî bêxin ser kêleka wî).

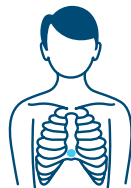
C

CPR DESTPÊ BIKIN

Eger kesek bêytevger û bênefesa be - **30 CARAN SINGÎ BIGIVIŞÎNE û 2 NEFSAN LÊBISTÎNE.**

ZAROK û MEZIN
(JI 1 SALÊ ZÊDETIR)

CIHÊ GIVIŞANDINA QEFESA SINGÎ
1 an 2 destan li navenda singî.
Kûrahiya singî 1/3 bigivişîne.



RÊJEYA GIVIŞANDINA QEFESA SINGÎ

Bi leza **100-120** di her xulekê de bigivişînin.



NEFESDAN

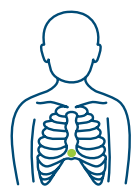
Serî xwar bikin, çanê bilind bikin û nefesê bidinê.

Di navbera nefesan de li bilindbûn û daketina singî binêrin.



PITIK (0-1 SALÎ)

CIHÊ GIVIŞANDINA QEFESA SINGÎ
2 tiliyên li navenda singî.
Kûrahiya singî 1/3 bigivişîne.



RÊJEYA GIVIŞANDINA QEFESA SINGÎ

Bi leza **100-120** di her xulekê de bigivişînin.



NEFESDAN

Serî xwar nekin, di **pozîsyona normal ragirin**, çenê bigirin, dev û poz bigirin. Di navbera nefesan de li bilindbûn û daketina singî binêrin.



D

DEFIBRILLATORÊ GIRÊDIN

DEMA KU EW BERDEST DIBIN, RÊBAZÊN NÎŞANDAYÎ BIŞOPÎNIN.