

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)

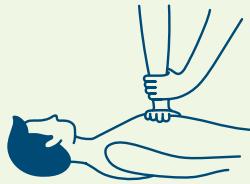
COMPRESSION POINT

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

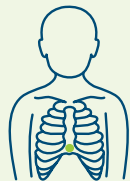
Tilt head, lift chin & give breaths.
Look for the rise & fall of the chest in between breaths.



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.

心肺復甦術「CPR」指南

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排查危險因素

評估您自己、旁人及傷者周圍的環境是否安全。

R

檢查意識反應

輕握傷者的肩膀和手，並向其提問。

S

呼救

如果沒有反應，請撥打「Triple Zero」(000)。

A

打開氣道

首先，檢查氣道是否暢通無阻。必要時清除異物。
然後仰頭，打開氣道。嬰兒不能仰頭。

B

正常呼吸？

無呼吸——開始心肺復甦術「CPR」（如有呼吸，請讓傷者側臥）。

C

開始心肺復甦術「CPR」

無反應 & 無正常呼吸——30次按壓 & 2次人工呼吸。

兒童 & 成人 (1歲以上)

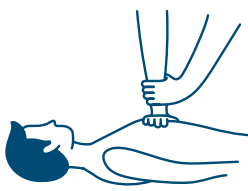
按壓位置

單手或雙手按壓胸部中央。
按壓幅度為胸腔前後徑的三分之一。



按壓頻率

按壓頻率為每分鐘100—120次。



人工呼吸

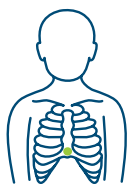
仰頭抬下巴 & 進行人工呼吸。
在兩次人工呼吸之間觀察胸廓起伏。



嬰兒 (0-1歲)

按壓位置

兩根手指按壓胸部中央。
按壓幅度為胸腔前後徑的三分之一。



按壓頻率

按壓頻率為每分鐘100—120次。



人工呼吸

不要仰頭，保持中立位，
托住下巴，覆蓋口鼻。在兩次
人工呼吸之間觀察胸廓起伏。



D

連接除顫儀

一旦準備就緒，請按提示操作。