

# CPR – Rapid Action Plan

## Danger

Check for **DANGER** to the responder

## Response

Check for a **RESPONSE**

- Gentle Shake
- Shout



## Send for help

Call your designated telemedicine provider or RCC (Rescue Co-Ordination Centre)

## Airway

Check **AIRWAY**. Look in mouth for any obstruction, clear away the obstruction, if one is present.

## Breathing

1. Tilt patients head and chin up
  2. Look, listen and feel for normal breathing (10 seconds)
- If **NOT** breathing commence CPR



Sometimes people will have their ribs broken by chest compressions. Do not stop if they break

## Compression/ circulation

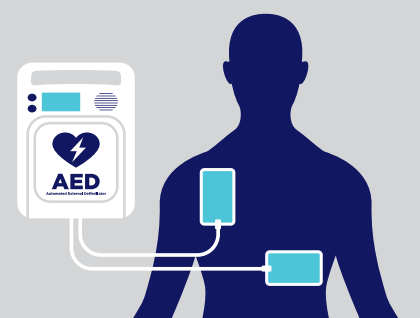
1. Depress hand to a third of the depth of the chest, at a rate of 100-120 per minute
  2. 30 chest compressions then two breaths (use mouth shield if possible)
- **REPEAT**



If they vomit, turn patient on their side and clear obstruction. Turn onto back and carry on CPR

## Defibrillation

1. Remove chest hair and jewellery
2. Attach Automatic External Defibrillator (AED) as soon as possible and follow prompts
3. AED's come with simple instructions including voice and visual prompts



If no CPR is performed, it only takes 3 to 6 minutes for a person's brain to be starved of oxygen and then die