CPR – Rapid Action Plan

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<th>Danger</th>
<th>Check for DANGER to the responder</th>
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| 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 |
| 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 |
| 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 |

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

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

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.