

Resuscitation Reference Chart

Danger



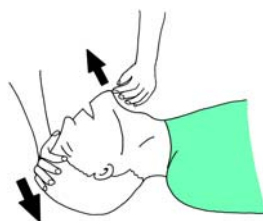
Look for any further danger.
Don't put yourself or others at risk.

Response



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

Airway



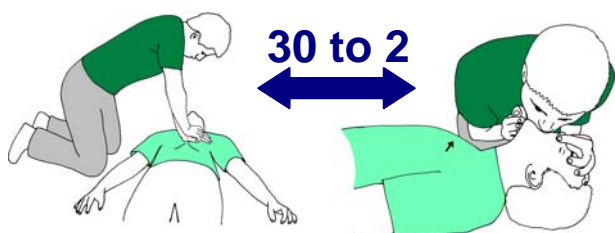
Open the airway by tilting the head back and lifting the chin.

Breathing



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.