**BASIC LIFE SUPPORT CHART**

**DANGER**
Check for danger to yourself, bystanders and the patient.

**RESPONSE**
Check for response, talk and touch.

**SEND FOR HELP**
Call for an ambulance or get another person to make the call. Call 000 from a landline or 112 from mobile.

**AIRWAY**
Clear and open airway
- Adult/child – full tilt.
- Infant – neutral head position.

**BREATHING**
Look, listen and feel for breathing.
If not breathing normally, start CPR.

**CPR**
Perform 30 compressions followed by 2 breaths. Continue CPR until help arrives or patient recovers. If for any reason breaths are unable to be performed continue with uninterrupted chest compressions.

**DEFIBRILLATION**
Attach automatic external defibrillator (AED) as soon as possible and follow it’s prompts.

To book or update your First Aid certification, CPR certification and more information on all our courses and locations visit us online!

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