

# CPR

CARDIOPULMONARY  
RESUSCITATION

## Danger

Check that you, the casualty and bystanders will not be in danger. Look for live power lines, fallen trees, flooding or debris.

## Response

Check for a response: "Can you hear me? Open your eyes. What's your name? Squeeze my hand".

## Airway

If foreign material, vomit or water is present, roll casualty on side, tilt face downwards and clear mouth with your fingers if needed. **CALL 000** for an ambulance. Remain calm, answer questions and follow instructions from the QAS.

## Breathing

Check for normal breathing. **LOOK** and feel for rising and falling of chest. **LISTEN** and feel for breath sounds. If the patient is breathing, leave them on their



on their side and wait until help arrives. If NOT BREATHING, lay patient on their back, tilt the head back slightly, pinch the nose and give two full breaths. For an infants (<1 year) lay on their back, cover nose and mouth with your mouth and give two short puffs.

## Circulation

Start compressions. Place heel of hand on chest and compress chest 1/3 of height for 30 compressions.

Repeat 2 breaths and 30 chest compressions until ambulance arrives, the person regains consciousness or it becomes impossible for you to continue. If the person shows signs of recovery, roll onto side and check if they are breathing. Reassure the person and bystanders.



## DO YOU KNOW FIRST AID?

Learning First Aid could save the life of a loved one and will give you skills for life. For more information contact your local AMBULANCE or phone 1312 33

## help with FIRST+AID

**MARINE STINGERS:** Rest the victim in the shade. Call 000. Pour vinegar over sting area. DO NOT RUB the sting.

**BITES & STINGS:** Rest the victim. Bandage over bite area then apply compression bandage over the entire limb starting from the toes or fingers. Immobilise the limb by using a stick or other leg as a splint. If unconscious CALL 000.

**BURNS:** Cool the burn area for up to 20 minutes by placing under running water. DO NOT apply any creams or lotions. Cover with non-adhesive sterile dressing and loose bandage. Seek medical advice.

**CHOKING:** If breathing, encourage coughing. If not breathing, give 5 blows with the heel of your hand between the shoulder blades. Seek medical advice. If unconscious CALL 000.

**POISONS: Swallowed poisons** - If patient conscious, monitor condition and stay with patient. Seek medical advice. If patient unconscious CALL 000. Remove patient from danger, monitor breathing and commence CPR if required. Try to confirm what substance has been swallowed and advise paramedics. DO NOT induce vomiting.

**Inhaled poisons** - Check safety. Fumes could be dangerous to you. Move patient to fresh air and away from danger. If conscious, monitor condition and stay with patient. Seek medical advice. If unconscious CALL 000. Monitor breathing and commence CPR if required. Contact POISONS INFORMATION LINE 13 11 26.



## KEEP YOUR FIRST AID KIT HANDY AND FULLY STOCKED

Check best before dates, condition and levels of stock annually and replace as required.

Information provided courtesy of Queensland Ambulance Service and is a guide only. The information is not considered comprehensive instructions for medical emergencies. In an EMERGENCY dial 000

## Rural Addressing Saves Lives

*In an emergency it is your lifeline to a speedy response.*



Please telephone your phone service provider and change your residential address to include your rural number.

*For more information, contact your local ambulance.*

