



# CPR Rapid Action Plan

**D**

**Danger**

**Check for Hazards to:**

- > Yourself
- > Bystanders
- > The Casualty



**R**

**Response**

**Check Response:**

**'ARE YOU OK?'**

Tap on Shoulder



**S**

**Send for Help**

**If No Response:**

**PHONE 111**

for Ambulance



**A**

**Airway**

**Check Airway:**

Look in mouth for obstruction, clear then open airway. Head tilt for adults, head in line with body for small children.

**B**

**Breathing**

**Look, Listen and Feel:**

**for normal breathing**

If not breathing normally begin CPR

**C**

**Compression**

1. Position heel of hand in centre of the chest and grasp wrist with spare hand.
2. Depress hands to 1/3rd the depth of chest at rate of 100 per minute.

**D**

**Defibrillation**

**If a defibrillator (AED) is accessible:**

As soon as possible, switch on unit, follow the instructional prompts (dry patient's chest). Continue cycles until assistance arrives.



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