

CPR for Life practice checklist

Consider this scenario:

An adult has collapsed on the floor or ground from a cardiac arrest. The person is **unconscious** and **not breathing normally**.* You are the only one there to provide help. Follow this checklist on the manikin as if it is a real person.

Step 1: Check for danger

- Look around for hazards and dangers

Step 2: Check to see if they are conscious

- Can you hear me?
- Open your eyes
- What's your name?
- Squeeze my hand

Step 3: Casualty is unconscious

- If the casualty is not breathing normally* and not moving call triple zero (000) and ask for an ambulance

Step 4: Check airway

- Whilst the casualty is on their back, lift chin, tilt head backwards and view airway to check if clear
- If foreign material is present in the mouth, roll the casualty onto their side and clear their mouth with your fingers

Step 5: Check for normal breathing* — Look, Listen and Feel

- Placing your cheek above the casualty's mouth **LOOK** down the casualty's chest in order to see it rise and fall
- **LISTEN** for breathing from the casualty's mouth
- **FEEL** the casualty's breath on your cheek

Step 6: Start rescue breathing

- Open airway by using the 'pistol grip' to lift the chin whilst tilting the casualty's head backwards
- Seal the casualty's nose
- Put your mouth on the mouth of the casualty and blow to inflate the lungs with a normal breath, looking for movement of the chest after each breath
- Give 2 initial 'rescue breaths' of approximately 1 second per breath looking each time for rise and fall of the casualty's chest

Step 7: Locate compression point and commence compressions

- Identify the lower half of the sternum or centre of the chest and place the heel of your hand on this point
- Place your other hand on top of the first to prevent slipping. (The thumb of the top hand should be locked around the wrist of the bottom hand or the fingers of top hand interlocked with the bottom hand)
- Keep your compressing arm straight over casualty's chest
- Apply smooth, equal compression and relaxation of chest
- Compress 1/3 the depth of the chest (Approximately 4–5cm)
- **Give 30 compressions**
- **Follow with 2 'rescue breaths'**

Step 8: Maintain CPR

- Continue with the pattern, **2 'rescue breaths' then 30 chest compressions** until:
 - the casualty recovers
 - you are physically exhausted
 - an ambulance or a doctor arrives.

* Infrequent gasps of air may be seen in a cardiac arrest. However, this is not an indication of effective breathing. Normal, healthy adults will breathe between 12 and 18 times per minute. Signs of abnormal breathing may include gasping, noisy breathing such as wheezing or gurgling, breathing that is excessively fast (greater than 21 breaths per minute) or pain on breathing.