CPR checklist

1. **DANGER (Safety)**
   - Review environment and ensure the area is safe. Put gloves on.

2. **RESPONSE**
   - Assess if casualty is conscious, using voice and touch.
   - Not responding – call for help and note the time.

3. **AIRWAY – Unconscious**
   - Assess airway. To assess airway:
     - Pull chin forward. Do not tilt the head back.
     - Look for foreign material.
   - If clear – there is no need to roll casualty into the recovery position.
   - If obstructed – roll casualty into the recovery position and clear airway.

4. **BREATHING**
   - Look, Listen and Feel for breathing.
   - If breathing – turn casualty into the recovery position and assess for other injuries.
   - If not breathing:
     - Place casualty on their back and open airway using jaw support and head tilt.
     - Make a seal around the mouth and/or nose.
     - Casualty’s nostrils should be sealed whilst giving breaths and released during exhalation.
     - Give two (2) quick breaths; observe rise and fall of chest. Assess for signs of life.

5. **COMPRESSION**
   - If no sign of life call for AED if available.
   - Commence CPR with the casualty on a firm surface.
     - Hands are positioned over middle of chest
     - Depress chest to one third depth
     - Maintain smooth uninterrupted compressions/breathing ratio of 30:2 and aim to deliver 100 compressions/minute.
   - Connect AED if available and follow verbal prompts.
   - Continue CPR.
   - Observe for any return of breathing/signs of life.

6. **EVALUATION**
   - Review the outcome of resuscitation.
   - If breathing absent – continue CPR.
   - If breathing present – support head and neck and place the casualty in the recovery position, closely monitor signs of life, keep the casualty warm and comfortable, ensure help is on the way, and manage other injuries.