



# CPR Rapid Action Plan

**D****Danger****Check for Hazards:**

- Yourself
- Bystanders
- The Casualty

**R****Response****Check Response:**

"ARE YOU OK?"  
Squeeze hand

**S****Send for Help**

If no response  
**PHONE 000**  
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 & Feel**

for normal breathing  
If not breathing normally, begin CPR.

**C****Compression**

1. Position heel of hand in centre of the chest & grasp wrist with spare hand.
2. Depress hands to 1/3rd the depth of chest at a 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.