

# Resuscitation protocol

Check for dangers



Check for a response



Shout for help



Tilt the head back



Open the airway



Check for normal breathing



**Not breathing normally**  
Ring for an ambulance



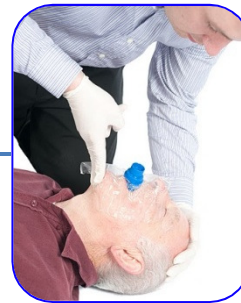
**Make this call yourself if you have no help**

Give 30 chest compressions



**Depth of 5 - 6 cms  
Speed of 100 - 120 per minute**

Open the airway



Give 2 breaths



**Take no longer than 5 seconds to give both breaths**

Repeat 30 : 2



**Continue until medical help takes over, you become too exhausted, or your casualty recovers**

**Take no longer than 10 seconds**