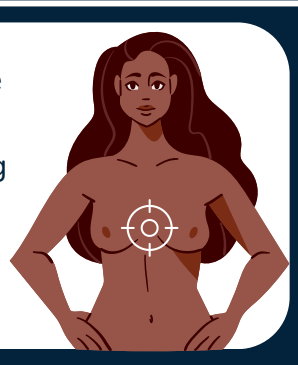
BOOBIES AS PART OF THE BASICS

They're Boobies Not Barriers
Women need CPR too

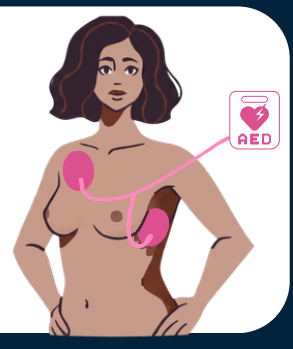
CPR 7 Step Action Plan

D	**Danger** Check the area. Ensure it is safe for you, the bystanders, and the patient.
R	**Response** Check for a response by firmly squeezing the shoulders and saying... "Can you hear me?" "Open your eyes" "Squeeze my hand."
S	**Send for Help** Call the local emergency service in your country. **112 is the international standard emergency number.** Send a bystander to get an AED.
A	**Airway** Open the mouth and check for obstructions. If clear, use a **head tilt/chin lift** to open the airway.
B	**Breathing** **Look, Listen, and Feel** for no more than 10 seconds. If breathing is absent or abnormal (gasping), move to CPR. If breathing normally, roll on to side.
C	**CPR** Give **30 chest compressions** followed by **2 breaths**. Aim for a rate of 100–120 compressions per minute. Continue CPR until help arrives /breathing normally.
D	**Defibrillation** Turn on the **AED** as soon as it arrives. Follow the voice prompts immediately.

- Chest compressions are performed in the centre of the chest for women and men
- Do not hesitate due to breasts or clothing
- You may need to remove clothing and touch the chest to ensure correct hand placement



- Do not delay using an AED
- Remove clothing and bra if needed to ensure correct pad placement
- Place pads as directed
- You may need to move or lift the breast to ensure correct pad placement



International Emergency Numbers

000 Australia
111 New Zealand
999 United Kingdom & Hong Kong
119 Japan, South Korea, & Taiwan
911 United States, Canada & Mexico
112 Europe & International Standard

Take the Pledge