



## AUSTRALIAN RESUSCITATION COUNCIL

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### ***MEDIA RELEASE***

## **“SAVING LIVES WITH CPR HAS NEVER BEEN EASIER”**

In a move aimed at increasing survival rates from cardiac arrest the Australian Resuscitation Council is making new recommendations on how CPR is performed.

“The radical shift in this life saving technique is based on international evidence that more frequent chest compressions may result in an increased chance of survival” said Associate Professor Ian Jacobs the National Chair of the Australian Resuscitation Council.

“CPR will now be performed with a ratio of 30 compressions to 2 ventilations” said Associate Professor Jacobs. “The new guidelines will be much simpler to teach and easier to remember”

The Australian Resuscitation Council (ARC) will be releasing its updated guidelines for resuscitation on Friday the third of March. The ARC is Australia’s peak resuscitation body and these changes are the result of extensive international collaboration between resuscitation Council’s around the world and are based on best the evidence.

“By making the resuscitation easier to remember and teach more people will be comfortable to attempt resuscitation. Currently less than half the cardiac arrest victims get resuscitation from bystanders. If we can increase the number of people who are prepared to give resuscitation we will save lives” said Associate Professor Jacobs.

It is important to recognise that the previous recommendations for resuscitation resulted in many lives saved and should continue to be used until update training has occurred. The new Guidelines should be easier to remember and more effective. These changes can only be made as we advance our knowledge of the resuscitation science.

The new recommendations will cover Basic Life Support and the more advanced adult, paediatric and neonatal life support.

All first aid teaching organisations will be following the new guidelines shortly

“The most important piece of advice is to call for help (000) and do some CPR (even if you are not exactly certain of the ratios)”

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