



## AUSTRALIAN RESUSCITATION COUNCIL

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# PRESS RELEASE

## *ARC RELEASE REVISED GUIDELINES*

The Australian Resuscitation Council (ARC) has now published its revised resuscitation guidelines for Basic, Advanced, Paediatric and Neonatal Life Support. These changes reflect the most recent scientific evidence which was evaluated and recently published by the International Liaison Committee on Resuscitation (ILCOR) and its member organisations, including the Australian Resuscitation Council.

The guidelines continue to emphasise the importance of commencing resuscitation and providing good quality CPR. Resuscitation should be commenced where the person is unresponsive and not breathing normally as feeling for a pulse is unreliable in determining if a person needs resuscitation. It is now recommended that at the commencement of resuscitation 30 chest compressions are provided before giving the initial rescue breaths. The compression / ventilation remains at 30 compressions to 2 ventilations. The ARC also recommends that if a person is unwilling or unable to provide full CPR (ie chest compressions plus rescue breathing) then they should provide continuous chest compressions at a rate of just over 1 compression per second.

The revised guidelines for Basic, Advanced, Paediatric and Neonatal Life Support are available at [www.resus.org.au](http://www.resus.org.au) and for the first time have been jointly developed and published with the New Zealand Resuscitation Council (NZRC).

### Further Information

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