



DANGER

Check Danger:
To Yourself - To Bystanders - To Casualty.



RESPONSE

Check for response by talk and touch
if safe to do so.



SEND FOR HELP

If unresponsive **CALL 000** for an ambulance
Access First Aid and defibrillator (AED) if required



AIRWAY

Open mouth & check for a clear airway. Only roll patient if
they have come from water or have an obstructed airway.



BREATHING

Look, listen and feel for normal effective breathing.
Take no more than 10 seconds to do this.



CPR

Give hard and fast chest compressions to a $\frac{1}{3}$
chest depth and at a rate of approx. 100 - 120
compressions per minute. You may also administer
breathing via a mask or oxygens air bag if competent.



DEFIBRILLATION

Attached an AED, if one is available.
Turn AED on and follow voice prompts.

CONTINUE CPR UNTIL RESPONSIVE OR NORMAL BREATHING RETURNS

Some of our
popular coaching &
training sessions:

- First Aid - CPR
- Oxygen - Defibrillator (AED)
- Asthma - Anaphylaxis

- Manual Handling - Spinal Management
- Life Skills - Mental Health
- Business & Management

- Health - Wellbeing
- Work Health & Safety
- Mindful Logic & Meditation