

BASIC LIFE SUPPORT

Danger

CHECK FOR DANGER
Remove hazards to self, to casualty, to others

Response

CHECK FOR RESPONSE
Squeeze shoulders and shout
"Are you OK?"
If responsive, leave in comfortable position and monitor

Send for help

If unresponsive, **SEND FOR HELP - CALL "000"**

Airway

CHECK AIRWAY
If required, roll casualty onto side
Use fingers to clear airway
To open airway, support jaw and tilt head

Breathing

CHECK BREATHING
Look, listen, feel
If breathing normally, place in recovery position and monitor

CPR

If not breathing normally, **COMMENCE CPR**
30 compressions: 2 breaths (if willing and able)
Compression rate of 100 to 120 per minute
Adults/Children: 2 hands, up to 1/3 depth of chest
Infants: 2 fingers, up to 1/3 depth of chest
Continue until responsive or breathing normally

Defibrillator

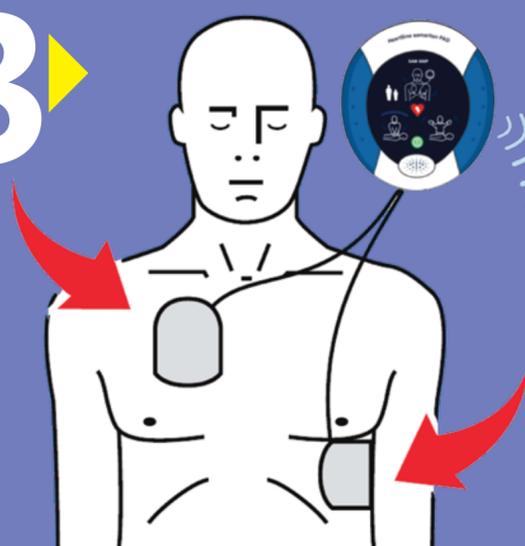
ATTACH DEFIBRILLATOR
Early defibrillation greatly increases a casualty's chance of survival
If a defibrillator is available, attach as soon as possible and follow its prompts

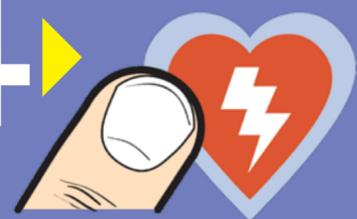
How to USE AED

AED to be used when a victim is unresponsive and not breathing normally.

1 ▶  Stay calm, Call for help

2 ▶  Press green button on AED to activate

3 ▶  Follow AED voice prompts

4 ▶  If prompted, press the red shock button