

✚ BASIC LIFE SUPPORT ✚

D

Look for DANGER

To yourself, the casualty, and others

WHEN SAFE

R

Check RESPONSE

Ask their name and squeeze shoulders

NO RESPONSE

S

SEND for help

To yourself, the casualty, and others

HELP ON
THE WAY

A

Check AIRWAY

Open mouth, look for foreign material

AIRWAY CLEAR

B

Check BREATHING

Look, listen, and feel for 10 seconds

NOT BREATHING
OR ABNORMAL

C

Commence CPR

30 compressions: 2 breaths OR compression only 100-120 BPM

AED AVAILABLE

D

Use DEFIBRILLATOR

Apply AED and follow the prompts