

Workplace First Aid

UNCONSCIOUS & NOT BREATHING

- ★ Check for breathing by placing one hand on victim's stomach and checking for movement. Place side of your face next to victim's nose and listen/feel for breathing.
- ★ If not breathing, commence CPR.
- ★ Place your hands, one atop the other, on victim's sternum (center of chest). Compress chest 1/3 depth, at a rate of approx. 100-120 compressions per minute.
- ★ After 30 compressions open victim's mouth and tilt head back to open airway.
- ★ Continue cycle of 30 compressions to two breaths (30:2)
- ★ Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.
- ★ Call for a defibrillator.
- ★ If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
- ★ Continue performing CPR until: help arrives, victim shows signs of response, AED says so, you cannot continue due to exhaustion, or, there is danger.

BREATHING BUT UNCONSCIOUS

- ★ If victim is breathing, place into recovery position.
- ★ Check airway again to ensure they are still breathing.
- ★ Monitor and reassure the victim. Document incident.