

1 Check for Hazards

1. Check and neutralise hazards to victim, yourself and bystanders before treating victim. Check for:

- Falling objects
- Incoming traffic
- Fire and Fumes
- Electricity
- Spilled chemicals

2 Check Level of Response

1. Check whether victim is conscious or not.
2. Ask them to open their eyes. Call their name (if known).
3. Firmly squeeze the victim's shoulders and ask them to squeeze your hand.
4. Do not move the victim unless there is a hazard that may cause further harm.

3 Call for Help '000'

1. You should call emergency services immediately.
2. Ask someone with you, or a bystander, to call for help while you respond to victim. If you are alone, stay with victim and call emergency services yourself.
3. Be ready to provide information regarding your location and incident.



4 Check Airway

1. Check airway of an unresponsive victim.
2. Open victim's mouth and look for obstructions without tilting the head back.
3. If there is any obstruction or fluid, roll victim into recovery position and clear mouth and airway.
4. Check breathing while victim is in recovery position.
5. If no obstruction, leave victim on their back.

Check for Breathing

1. Open the airway by lifting the chin and tilting the head back. Do not press on the back of the neck.
2. **Look** at the victim's chest - is it rising and falling?
3. **Listen** for breathing - place your ear near victim's face.
4. **Feel** for moving air on your cheek when near victim's nose and mouth.
5. Place one hand on their stomach to feel it rise and fall. This indicates normal breathing.

A. Normal breathing is a minimum of 2 breaths per 10 seconds.

B. If victim **IS breathing**; put them into **recovery position**.

C. If the victim **IS NOT breathing**; call for medical assistance immediately. Start doing full **Cardiopulmonary Resuscitation** and then get a defibrillator.

5 Recovery Position

1. If breathing normally, put victim into recovery position.
2. To avoid possible lower back injury, roll victim away from you if possible.
3. Place the victim's arm furthest away from you at right angles to their body.
4. Gently bring the victim's feet together and cross their ankles over in the direction you are going to roll them.
5. Place their arm closest to you diagonally across their chest and place their fingers under their neck.
6. Slide your hand under their neck from their nearside so that you can hold their fingers in place.
7. Place your forearm under their shoulder nearest to you and your other hand on their hip.
8. Roll them onto their side and position the top leg at 90 degrees to stabilise them.
9. Check the airway again to ensure the victim is still breathing. Re-check every two minutes and document incident.



6 Performing CPR

1. Place victim on their back on a firm, flat surface.
2. Kneel so that you are 90 degrees to victim's upper body, with your knees shoulder width apart.
3. Place your hands, one atop the other, on victim's sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 - 120 compressions per minute.
4. After 30 compressions open victim's mouth and tilt head back to open airway.
5. Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.
6. Continue cycle of 30 compressions to two breaths (30:2)
7. Call for a defibrillator.
8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
9. Continue performing CPR until: help arrives, victim shows signs of response, AED says so, you cannot continue due to exhaustion, or, there is danger.

7 Defibrillation

1. Use an AED (Automated External Defibrillator) if it is available in your facility. Follow provided instructions.



DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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