

RESUSCITATION

In an emergency **call triple zero (000)** and ask for an ambulance

D

DANGER

Ensure the area is safe for your self, others and the patient



R

RESPONSE

Check for response—ask name—squeeze shoulders

No response

Response

Make comfortable

Monitor response



S

SEND for help

Call triple zero (000) for an ambulance

or ask another person to make the call



A

AIRWAY

Open mouth—if foreign material present

Place in recovery position

Clear airway with fingers



B

BREATHING

Check for breathing—look, listen, feel

Not normal breathing

Start CPR

Normal breathing

Place in recovery position

Monitor breathing



C

CPR

Start CPR—30 chest compressions : 2 breaths

Continue CPR until help arrives
or patient recovers

baby

child

adult



D

DEFIBRILLATION

Apply defibrillator if available
and follow voice prompts



Learn First Aid with St John Ambulance Australia | **Free call 1300 360 455** | www.stjohn.org.au

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