

DON'T DIE JULY

D

DANGER

Assess the situation, is it safe? Identify and manage any hazards and risks to you, bystanders and the patient.



R

CHECK FOR RESPONSE

Check for a response from the casualty
Use the "COWS" method. →

Can you hear me?
Open your eyes?
What's your name?
Say squeeze my hand?

S

SEND FOR HELP

Call emergency services give them your location and the condition of the patient; Ask for help from bystanders to bring you a defibrillator.



A

OPEN THE AIRWAY

Check the airway, remove any obstructions.
Adult: Full tilt **Child:** Partial tilt **Infant:** Natural position



B

BREATHING

Look, listen, feel to assess breathing.
If abnormal or not breathing, start CPR.



C

CPR

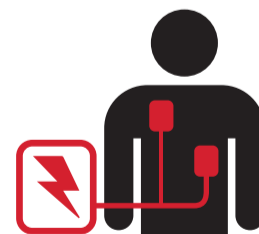
30 compressions followed by 2 rescue breaths.
(1/3 chest depth, 120 compressions a minute.)

30
2

D

DEFIBRILLATION

Follow directions for Automatic External Defibrillator (AED).



EMERGENCY SERVICES

(write down your local emergency services number)

CPR
SAVES LIVES