

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 victim's shoulders and ask them to squeeze your hand.
4. Do not move 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 the 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 Check for Breathing

1. **Look** at the victim's chest - is it rising and falling?
2. **Listen** for breathing - place your ear near victim's face.
3. **Feel** for breathing by placing one hand on victim's stomach and your ear beside their mouth and nose.

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

B. If the victim **IS NOT breathing**, start doing **Cardiopulmonary Resuscitation** and call for a defibrillator (AED).

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 AED Defibrillation

1. Turn on AED and follow prompts.
2. Prepare casualty by removing clothing from chest area. Dry victim's chest if wet. Move jewellery and medical patches, check for pacemaker or internal defibrillator.
3. Place defibrillator pads on victim's chest. One above right breast and other below left breast.
4. Continue CPR until AED advises to stop.
5. Make sure no one is touching victim while AED is analyzing victim's heart rhythm.
6. If no shock advised, check for breathing before continuing CPR.
7. If shock advised, ensure no one is touching victim. Deliver shock when instructed by AED.
8. Resume CPR when instructed to do so by AED and follow prompts.
9. If victim begins to breath normally, place into recovery position, re-check airway and breathing every 2 minutes.
10. Leave AED pads on victim until medical aid arrives.
11. Monitor victim and document incident

Remember!

1. The chances of survival decrease by about **10% for each minute** that passes without defibrillation.
2. An AED **can be used by an untrained person**. Each AED is equipped with step-by-step instructions.



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

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