

D R S A B C D



Danger - Before approaching the victim make sure the scene is safe. Check there are no hazards, such as gas, electricity, traffic etc. before attending to the victim.



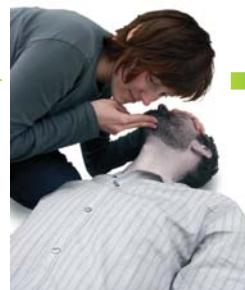
Response - Check the victim for any response. Gently shake the victim's shoulders and ask loudly 'Are you all right?' If there is no response...



Shout - Shout for help. Ask someone to phone for assistance or if you are alone shout and try to get the attention of a passerby. Do not leave the victim alone.



Airway - Ensure the victim's airway is open by tilting their head gently back and lifting the chin up by placing your fingertips under the point of the victim's chin.



Breathing - After you have opened the airway check for normal breathing. Do this by looking for chest movements, listen for normal breathing sounds and feel for air on your cheek. If breathing, place the victim in the recovery position. Otherwise ask someone to call **999/112** and bring an AED (if available). Do this even if this means leaving the victim.



CPR - Begin CPR if the victim's breathing is not normal. To start compressions, place the heel of your hand in the centre of the victim's chest then place your other hand on top and interlock your fingers. Give 30 chest compressions at a rate of 100 to 120 per minute. Then give 2 rescue breaths by pinching their nose firmly closed and blowing into their mouth until their chest rises. Keep repeating the CPR cycle until emergency help arrives or the victim starts to show signs of regaining consciousness such as coughing, opening eyes, speaking, or moving purposefully **AND** starts to breathe normally.

Repeat CPR if victim is not breathing normally.



Defibrillator Where an AED is available:- If more than one rescuer is present, continue CPR while the AED is switched on. Follow voice / visual prompts. Where NO shock is indicated resume CPR immediately. Continue as instructed by voice / visual prompts.

The Association of First Aiders www.AoFA.org



First Aid Information Resuscitation

This resuscitation chart does not replace training with an AoFA accredited training organisation.

Training provided by an AoFA registered training provider.



Additional compression information

Adult	Child	Infant
Use 2 hands	Use 1 or 2 hands	Use 2 fingers
Compress 5-6cm	Compress > 1/3 chest	Compress > 1/3 chest