

Emergency Resuscitation

DANGER

Clear the area of any Danger

- Make sure you, your casualty and bystanders are safe



RESPONSE

Check the casualty for any Response

- Gently shake the casualty's shoulders and ask loudly 'Are you alright?'



SHOUT

Shout for Help

HELP!

AIRWAY

Open the Airway

- Place your hand on the casualty's forehead and gently tilt the head back
- Lift the chin



BREATHING

Look, Listen, Feel for Normal Breathing

- Look for chest movement
- Listen at the mouth for breath sounds
- Feel for air on your cheek



Breathing Normally?

- Recovery Position
- DIAL 999



Not Breathing Normally?

- DIAL 999
- Begin CPR
 - 30 Compressions
 - 2 Breaths

