



Public Safety Training and Response Group

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.)



D DEFRIBILLATION

Follow directions for Automatic External Defibrillator (AED).



CALL EMERGENCY SERVICES

0 0 0

**CPR
SAVES LIVES**