

1 Check for Hazards

1. Check and neutralize 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. Gently shake victim's shoulders.
4. Do not move victim unless there is a hazard.

3 Call for Help

1. You should call emergency services immediately.
2. If you are alone, call for help before responding. If you are with someone, ask other person to call while you respond.
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.
3. Free the tongue by tilting chin and tilting head back.
4. If victim has suffered a neck or a spinal injury, do not move their head.

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 moving air on your cheek when near victim's nose and mouth.
4. Place one hand on their stomach to feel it rise and fall. This indicates normal breathing.

7 Recovery Position

1. If breathing normally, put victim into recovery position.
2. Get victim's arm, nearest to you, and place at right angle to body.
4. Put other arm across chest with back of hand on cheek.
5. Grab leg furthest from you and pull on knee gently so victim turns to their side facing you.
6. Pull leg up at a 90 degree angle.
7. Check the airway again to ensure victim still breathing.



- A. If victim **is breathing**, put them into **recovery position**.
- B. If the victim **is NOT breathing**, call for medical assistance immediately. Start doing Full **Cardiopulmonary Resuscitation** and then get a defibrillator.



6 Performing CPR

1. Place victim on a flat, firm surface.
2. Place your palm at centre of victim's chest and other hand on top of first.
3. Compress chest to a maximum of 5 cm, at a rate of 100 times per minute.
4. After 30 compressions, open victim's airway again.
5. Seal victim's nostrils shut using your fingers.
6. Blow into victim's mouth. Keep doing that until you see the victim's chest rise.
7. Let chest fall, make some air and then breath into victim's mouth again.
8. Repeat at a rate of two breaths every five seconds.
9. Continue performing chest compressions until medical help arrives, or victim shows signs of response.

8 Defibrillation

1. Use an AED (Automated External Defibrillator) if it is available in your facility. Follow provided instructions.



IMPORTANT: This is a guide for resuscitating an adult. Follow the steps outlined here until professional medical care arrives.

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

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15 First Aid Guide

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