

FIRST AID RESPONSES

STOP THINK ACT

In an emergency – keep calm – take control – follow these steps:

D = check for Dangers

- Check for SAFETY – you, the casualty and others.
- Only move the casualty if in danger.
- Take care not to be the next casualty.

R = check for Response

- Does the Casualty RESPOND?
- Gently shake and shout.
- If conscious - check for bleeding – control bleeding as soon as possible.

S = Send for help

- If possible, ask someone else to call for help – emergency dial 111.
- Give clear details of location - number of casualties - type of incident - type of injuries or illness.

A = open Airway

- If unconscious - clear the AIRWAY.
- Remove any obstructions – blood, vomit, broken dentures and teeth – only objects that can be seen.
- Open the airway – tilt head – lift chin.

B = check for normal Breathing

- Check for BREATHING – look – listen – feel.
- If not breathing – start CPR

C = start CPR

- Give 30 chest compressions – rate of 100 per minute
- Followed by 2 breaths
- CPR = Cardio Pulmonary Resuscitation

D = attach AED as soon as possible and follow prompts

- AED = Automated External Defibrillator