

 **IN AN
EMERGENCY
CALL 000**

 **REMEDY**
FIRST AID TRAINING

BASIC LIFE SUPPORT

D

Check for **Danger**

R

Check for **Response**

S

Send for help - Call 000 and Defibrillator

A

Check, clear if necessary and open **Airway**

B

Check for normal **BREATHING**

C

Start **CPR** - 30 compressions 2 breaths
Your paragraph text
If unable/unwilling to give breaths, provide continual chest compressions

D

Attach **Defibrillator (AED)**
as soon as available and follow voice prompts

Continue CPR until ambulance arrives or signs of life
(responsiveness, normal breathing) return



VISIT OUR WEBSITE

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