



BASIC LIFE SUPPORT FLOW CHART

- D** Check for **DANGER** / Safety

- R** Check **RESPONSE**

- S** Send for **HELP**
Call 000

- A** Clear and open the **AIRWAY**
Check for signs of life

- B** If not **BREATHING** give 2 breaths
& re-check for signs of life

- C** If no signs of life, give 30 chest **COMPRESSIONS**
at 100 per minute, then give 2 more breaths

- D** **DEFIBRILLATE** - attach AED when available
& follow prompts

- Continue CPR** until qualified personnel arrive
or signs of life return

FIRST AID GUIDELINES

This first aid booklet is meant to be used as a reminder only and is not a complete guide to any medical emergency. It does not attempt to replace the need for professional medical first aid training or advice.

This list of first aid instructions is an excerpt and has been referenced from the SafeWork SA "USE OF YOUR FIRST AID BOOKLET."

DISCLAIMER

When reading this publication you should always refer to the latest advice from the Australian Resuscitation Council and your local state health authority.

This booklet should be kept in your First Aid Kit.



No signs of life = no response, no breathing, no movement



First Aid Hints Brochure

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Basic First Aid Guidelines.

A4 folded page.

This First Aid Brochure is meant to be used as a reminder only and is not a complete guide to the recognition or management of any medical emergency. It does not attempt to replace the need for first aid training or medical advice.

Important

You must not rely on the information on this site as an alternative to medical advice from your medical physician or other qualified healthcare provider. Consult your healthcare provider immediately if you think that you may have a medical emergency or for the diagnosis and treatment of injuries. Always seek the advice of your physician or other qualified healthcare provider before starting any new treatment or with any questions that you may have regarding a medical condition or injury.