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Adult Basic Life Support

FIRST AID MEDICAL SERVICES

Check for Danger
Ask: Is it safe?

Check for Response
Gently shake shoulders and ask loudly, "Are you alright?"

If NO Response
Turn casualty onto back
OPEN AIRWAY
by tilting head back & lifting chin

Treat Catastrophic Bleed

If they respond:
If safe, leave them in the position you find them, ask what is wrong and
seek medical help

CHECK BREATHING
Look, listen and feel for
NORMAL breathing

NORMAL BREATHING
CALL 999
Maintain ABC
Secondary Survey

NO NORMAL BREATHING
CALL 999
and send for AED

START Compressions

AED Available?
Apply pads & follow instructions

CPR - 30:2

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