D CHECK FOR **D**ANGER

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R CHECK FOR **R**ESPONSIVENESS
- Tap shoulders firmly.
- Ask loudly "Are you ok?"

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If unresponsive, **S**HOUT
- "Help! Call 995 for ambulance."
- "Get AED!"

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A OPEN **A**IRWAY
- Tilt head up, lift the chin

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B CHECK FOR NORMAL **B**REATHING
- Look, listen, and feel for up to 10 seconds

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C If no breathing detected,
BEGIN 30 CHEST **C**OMPRESSIONS
- Position heel of palm on centre of chest / lower half of sternum
- Maintain depth of at least 5cm
- Rate of at least 100 per min
- Allow complete chest recoil

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OPEN AIRWAY
- Tilt head up, lift the chin

↓

GIVE 2 BREATHS
- 1 second per breath
- Tidal volume 400-600 ml till chest just rises

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CONTINUE UNTIL
- Patient wakes up
- AED arrives, analysing heart rhythm
- Emergency team takes over CPR

**If an AED is available at incident, place pads immediately.