



BASIC LIFE SUPPORT

ACT AMBULANCE SERVICE

ACT AMBULANCE

D

Look for DANGER

To yourself, the casualty, and others

WHEN SAFE



R

Check RESPONSE

Ask their name and squeeze shoulders



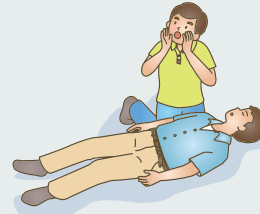
NO RESPONSE



S

SEND for help

Call Triple Zero (000) Ambulance



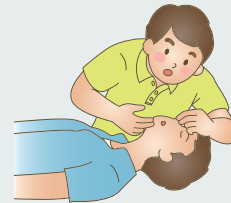
HELP ON THE WAY



A

Check AIRWAY

Open mouth, look for foreign material



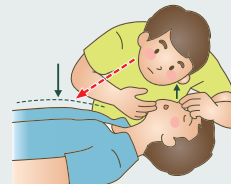
AIRWAY CLEAR



B

Check BREATHING

Look, listen, and feel for 10 seconds



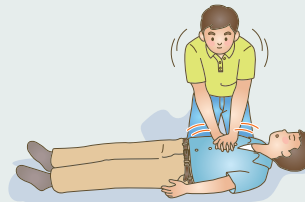
NOT BREATHING OR ABNORMAL



C

Commence CPR

30 compressions: 2 breaths
OR compressions only - 100-120 BPM



AED AVAILABLE



D

Use DEFIBRILLATOR

Apply AED and follow the prompts



ACT
EMERGENCY
SERVICES
AGENCY



Early support improves the chance of survival. Continue CPR until responsiveness or normal breathing returns, or ambulance arrives