

1 Check for Hazards

1. Check and neutralize hazards to victim, yourself and bystanders before treating victim. Check for:

- Falling objects
- Incoming traffic
- Fire and Fumes
- Electricity
- Spilled chemicals

4 Check Airway

1. Check airway of an unresponsive victim.
2. Open victim's mouth and look for obstructions.
3. Free the tongue by tilting chin and tilting head back.
4. If victim has suffered a neck or a spinal injury, do not move their head.

7 Recovery Position

1. If breathing normally, put victim into recovery position.
2. Get victim's arm, nearest to you, and place at right angle to body.
4. Put other arm across chest with back of hand on cheek.
5. Grab leg furthest from you and pull on knee gently so victim turns to their side facing you.
6. Pull leg up at a 90 degree angle.
7. Check the airway again to ensure victim still breathing.



2 Check Level of Response

1. Check whether victim is conscious or not.
2. Ask them to open their eyes. Call their name (if known).
3. Gently shake victim's shoulders.
4. Do not move victim unless there is a hazard.

5 Check for Breathing

1. **Look** at the victim's chest - is it rising and falling?
2. **Listen** for breathing - place your ear near victim's face.
3. **Feel** for moving air on your cheek when near victim's nose and mouth.
4. Place one hand on their stomach to feel it rise and fall. This indicates normal breathing.

- A. If victim **is breathing**, put them into **recovery position**.
- B. If the victim **is NOT breathing**, call for medical assistance immediately. Start doing Full **Cardiopulmonary Resuscitation** and then get a defibrillator.



3 Call for Help

1. You should call emergency services immediately.
2. If you are alone, call for help before responding. If you are with someone, ask another person to call while you respond.
3. Be ready to provide information regarding your location and the incident.

6 Performing CPR

1. Place victim on a flat, firm surface.
2. Place your palm at centre of victim's chest and other hand on top of first.
3. Compress chest to a maximum of 5 cm, at a rate of 100 times per minute.
4. After 30 compressions, open victim's airway again.
5. Seal victim's nostrils shut using your fingers.
6. Blow into victim's mouth. Keep doing that until you see the victim's chest rise.
7. Let chest fall, make some air and then breath into victim's mouth again.
8. Repeat at a rate of two breaths every five seconds.
9. Continue performing chest compressions until medical help arrives, or victim shows signs of response.

8 Defibrillation

1. Use an AED (Automated External Defibrillator) if it is available in your facility. Follow provided instructions.



IMPORTANT: This is a guide for resuscitating an adult. Follow the steps outlined here until professional medical care arrives.

DISCLAIMER: The information in this poster is not a substitute for proper first aid training.

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First Aid Guide Posters:

First Aid Guide Posters: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. First Aid Guide Posters : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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