

WHAT TO DO IN A MEDICAL EMERGENCY



IN AN EMERGENCY CALL **TRIPLE ZERO (000)**. ASK FOR AN AMBULANCE

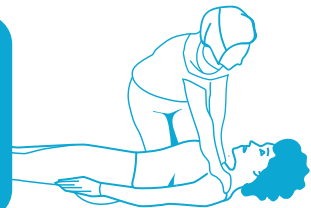
Look for dangers

Ensure the area is safe for yourself, others and the patient.



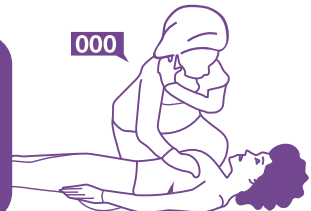
Check for responsiveness

Check for a response: ask name, squeeze shoulders.
No response? Send for help.
Response? Make comfortable and monitor response.



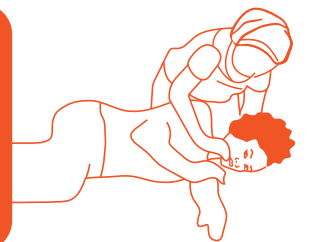
Send for help

Call triple zero (000) for an ambulance or ask another person to make the call.
Stay on the phone.



Open the airway

Open the mouth and check the airway for foreign material
Foreign material? Place in the recovery position and clear the airway.
No foreign material? Leave in position
Open the airway by tilting the head back with a chin lift.



Check for normal breathing

Check for breathing: look, listen, feel for 10 seconds.
Not normal breathing? Ensure an ambulance has been called; start CPR.
Normal breathing? Place in the recovery position and monitor breathing.



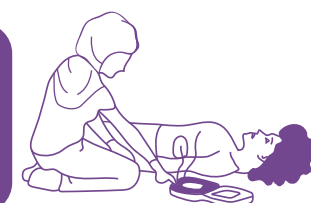
Start CPR

30 chest compressions: 2 breaths.
Continue CPR until help arrives or the patient starts breathing.



Attach defibrillator (AED)

and follow the voice prompts.



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