



www.firstaidaction.qld.edu.au | info@firstaidaction.qld.edu.au | 07 3901 0599

D **DANGER**
Make sure it is safe for you, bystanders, then the casualty (in that order)

R **RESPONSE**
Check for a verbal or physical response by talking to them & gently squeezing their hands.

S **SEND FOR HELP**
Send for Help & an AED if available - Call the ambulance - Triple Zero (000) or (112) mobile phones.

A **AIRWAY**
Open the mouth and check for obstructions. If foreign material is present, place into the recovery position & clear with fingers (wear gloves).

B **BREATHING**
Check Breathing for 10 seconds by looking at the rise & fall of the chest, listening & feeling for air or chest movement. If normal breathing, place into the recovery position.

C **CPR**
Start CPR if unresponsive & not breathing - 30 compressions: 2 Breaths (use a face shield). Compress the chest by 1/3rd & at a rate of 100-120 compressions /minute. Continue CPR until help arrives or patient recovers.

D **DIFIBRILLATION**
Attach a defibrillator as soon as it arrives and follow the voice prompts.

5 B's

MUST BE COMPLETED IN THIS ORDER OF PRIORITY

BREATHING

BLEEDING

BREAKS

BURNS

BITES

Police, Fire, Ambulance

000

SAMPLE

S **SIGNS**
• Signs and Symptoms - check Head to Toes for further injuries

A **ALLERGIES**
• Find out if they have any allergies.

M **MEDICATION**
• Are they taking any medication.

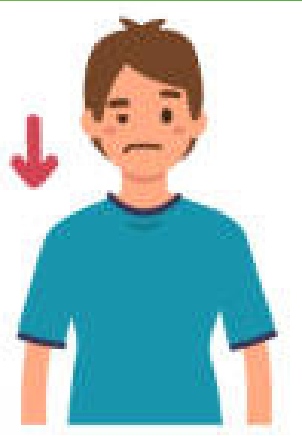
P **PREVIOUS MEDICAL HISTORY**
• Has this happened before?
• Any other medical history?

L **LAST TIME CASUALTY ATE**
• When was the last time they had anything to eat or drink?

E **EVENT**
• History of injury/illness
• what happened, where & when)

STROKE

F **FACE**
• drooping



A **ARM**
• weakness



S **SPEECH**
• difficulties



T **TIME**
• to call

