## Check for Hazards
1. Check and neutralise hazards to victim, yourself and bystanders before treating victim. Check for:
   - Falling objects
   - Incoming traffic
   - Fire and fumes
   - Electricity
   - Spilled chemicals

## 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.

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

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

## 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.
7. Let chest fall, inhale some air and then breathe into victim’s mouth again.
8. Repeat at a rate of two breaths every five seconds.
9. Keep performing chest compressions until medical help arrives, or victim shows signs of response.

## AED Defibrillation
1. If victim is breathing normally, put him/her into the recovery position.
2. Check pockets for any sharp objects. Remove them.
3. Get arm of the victim nearest to you and place it at a right angle to the body.
4. Place other arm across chest with back of hand touching the cheek.
5. Grab leg that is furthest from you and pull on knee gently so that victim turns to their side facing you.
6. Pull leg up at a 90 degree angle.
7. Check airway again to make sure that victim is still breathing.
8. Ask someone to call for help. If there is no one, then leave to get help as quickly as possible.
9. Stop if victim shows signs of recovery. AED says so, you cannot continue due to exhaustion, or there is danger.

## 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 air 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.

## Remember!
1. The chances of survival decrease by about 14% for each minute that passes without defibrillation.
2. An AED can be used by an untrained person.

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**IMPORTANT:** This is a first aid guide to effectively perform CPR and use a defibrillator. 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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