

Basic Life Support

everyday
learning

D

Check for **Danger**

R

Check for **Response**

S

Send for help - **Call 000**

A

Open **Airway**

B

Check for normal **Breathing**

C

Start **CPR** - 30 chest compressions: 2 rescue breaths
If unwilling/unable to do rescue breaths continue chest compressions

D

Attach **Defibrillator (AED)**
as soon as available and follow its instructions

Continue CPR until qualified help arrives or signs of life (responsiveness, normal breathing) return.