



PARAMEDICAL
FIRST AID NORTH DERBYSHIRE

D

R

A

B

C

D



DANGER

Before approaching the victim make sure the scene is safe. Check there are no hazards, such as gas, electricity, traffic, glass, sharp objects, knives, etc, before attending the casualty.



RESPONSE

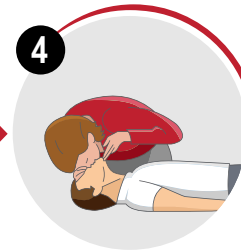
Check the casualty for any response. Gently shake the casualty's shoulders and ask loudly 'Can you hear me?'
If there is no response move onto airway.

- A** – Alert
- V** – Alert to voice
- P** – Alert to pressure
- U** – Unresponsive



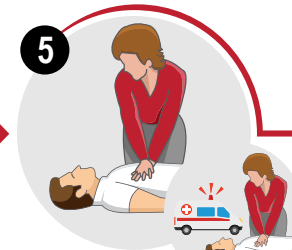
AIRWAY

Ensure the casualty's airway is open by tilting their head gently back and lifting the chin up by placing your fingertips under the point of the casualty's chin.



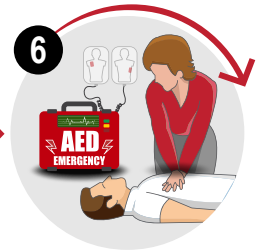
BREATHING

After you have opened the airway check for **NORMAL BREATHING**. Do this by looking for chest movements.
If breathing, place the casualty in the recovery position, phone or preferably ask someone to phone 999/112 and bring an AED (if available).



CPR

Begin CPR if the casualty's breathing is not normal. To start compressions, place the heel of your hand in the centre of the casualty's chest then place your other hand on top and interlock your fingers. Give 30 chest compressions at a rate of 100 to 120 per minute. Then give 2 rescue breaths by pinching their nose firmly closed and blowing into their mouth until their chest rises. Keep repeating the CPR cycle until emergency help arrives or the casualty starts to show signs of regaining consciousness such as coughing, opening eyes, speaking or moving purposefully AND starts to breathe normally.



DEFIBRILLATOR

Where an AED is available:
- If more than one rescuer is present, continue CPR while the AED is switched on. Follow voice/visual prompts. Where NO shock is indicated resume CPR immediately. Continue as instructed by the voice/visual prompts.

This resuscitation chart does not replace training

ADULT

Use 2 hands
Compress 5-6cm

CHILD

Use 1 or 2 hands
Compress 5cm

INFANT

Use 2 fingers
Compress 4-5cm

Catastrophic or severe bleeding needs to be prioritised before airway

**CHILDREN
0-18 RECEIVE
5 RESCUE
BREATHS FIRST
THEN 30:2**

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**SCAN
ME!**

