

# D



## DANGER

Check for Danger to yourself, to others and finally to the casualty

# R



## RESPONSE

Check for a Response from your casualty through talk and touch.

# S



## SEND FOR HELP

Send for help by:

- Calling UOW Security on **4221 4900**, or
- Calling Emergency Services on **000** if off campus, or
- Pressing “Emergency” on the SafeZone app.

# A



## AIRWAY

Check Airway for obstructions, ensuring casualty is flat on their back.

If obstruction is found, roll them onto their side and clear their airway.

# B



## BREATHING

Check breathing by looking/listening/feeling to make sure chest is rising and falling.

If patient is not breathing or breathing is not normal, commence CPR.

# C



## CPR\*

Give 30 Chest Compressions followed by 2 rescue breaths.

- Compressions should be at a rate of 100-120 per minute in the center of the chest and be 1/3 of the patient’s chest depth.
- Ensure adequate backward head tilt when giving rescue breaths.

\*If unwilling/unable to perform rescue breaths, continue chest compressions.

For infants, do not tilt head when administering breaths and use 2 fingers to compress chest.

# D



## DEFIBRILLATION

Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Keep the AED connected to the patient until the ambulance arrives, and advanced care is available.

### \*CONTINUE CPR UNTIL:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives

For more information, see the UOW Safe@Work website or contact the WHS Unit.