Check for Danger → **DANGER TO YOU.**

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RESPONSE →

- **A** – **Alert** – Patient is talking and Coherent.
- **V** – **Voice** – Patient responded to your verbal command.
- **P** – **Pain** – Patient responded to "shake and shout" method.
- **U** – **Unresponsive** – The patient doesn't respond at all.

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BREATHING

Look, Listen, Feel.

10 Seconds, 2 - 3 Breaths.

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NOT BREATHING ? →

SHOUT for help and start CPR at a rate of 100-120 compressions per minute. If no help arrives seek help immediately returning to the patient as soon as possible.

If help arrives, ask them to ring for an ambulance and to return to you when they have done that. Carry on with CPR until defib arrives.

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START CPR UNTIL DEFIB ARRIVES. Once it's with you then the DEFIB TAKES PRIORITY

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ASSESS ENVIRONMENT FOR DEFIB USE →

METAL – I.e. Carpet strips, walkways, stairs.

WATER – Standing water, heavy rain, bathrooms.

COMBUSTABLE – I.e. Gaseous environments, petrol station forecourts.

IF IN DOUBT DO NOT USE THE DEFIB. ADMINISTER CPR ONLY.