

Call triple zero (000) in an emergency

ask for ambulance, stay with the person and resuscitate



1 Check for Danger

Ensure safety for yourself, bystanders and casualty. If safe, remove casualty from water as soon as possible.



2 Check Response

Can you hear me?
Open your eyes.
What's your name?
Squeeze my hand.



3 Send for help NOW call triple zero (000)

Phone for an ambulance. Remain calm while answering the questions:
- exact location of the incident
- phone number you are calling from
- what has occurred.
Follow the instructions from the ambulance service.



4 Clear Airway

If water or vomit is present in mouth, roll casualty on side, tilt face downwards and clear mouth with your fingers.



5 Check for normal Breathing

Look and feel for rising and falling chest.
Listen and feel for breath sounds.
If the patient is not breathing normally, commence resuscitation.

6 Start Compressions

Adults – place heel of hand in centre of chest. Place other hand on top of first.
Children 1 – 8 years – place heel of hand in centre of chest.
Infants <1 year – place 2 fingers in centre of chest. Compress 1/3 depth of chest. Compress 30 times.



7 Position the airway

Adults and children – tilt head backward. Place one hand on the forehead and use the other hand to lift the chin.
Infants <1 year – do not tilt head. Place one hand on the forehead and use the other hand to support the chin.



8 Start breaths

Adults and children – seal nose and give 2 breaths into mouth.
Infants <1 year – give 2 breaths into mouth and nose. Watch for chest to rise.



9 Repeat breaths & compressions

Repeat 30 chest compressions and 2 breaths. Continue until ambulance arrives or person regains consciousness or it becomes impossible for you to continue.



10 Attach a Defibrillator as soon as available. Follow the prompts

If injured person shows signs of recovery, roll onto side and check if they are breathing. Reassure the person and bystanders.



Learn first aid. Contact www.ambulance.qld.gov.au or 13 QGOV (13 74 68).

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Edition 1 PC:QASCHARTA1



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