

# Call triple zero (000) in an emergency

ask for ambulance, stay with the person and resuscitate



## 1 Check for **D**anger

**Ensure safety for yourself, bystanders and casualty.**

If safe, remove casualty from water as soon as possible.



## 2 Check **R**esponse

Can you hear me?

Open your eyes.

What's your name?

Squeeze my hand.



## 3 **S**end 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 **C**lear **A**irway

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



## 5 **C**heck for normal **B**reathing

**Look and feel for rising and falling chest.**

**Listen** and feel for breath sounds.

If the patient is not breathing normally, commence resuscitation.

## 6 **S**tart **C**ompressions

**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 **P**osition the **a**irway

**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 **S**tart **b**reaths

**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 **R**epeat **b**reaths & **c**ompressions

**Repeat 30 chest compressions and 2 breaths.**

Continue until ambulance arrives or person regains consciousness or it becomes impossible for you to continue.



## 10 **A**ttach a **D**efibrillator as soon as available. **F**ollow 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](http://www.ambulance.qld.gov.au) or 13 QGOV (13 74 68).

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