



<h3>1 COLLAPSED</h3>	<p><b>IS THE PERSON UNCONSCIOUS?</b></p> <ul style="list-style-type: none"> <li>&gt; Check for <b>danger</b> eg electrical cord, petrol</li> <li>&gt; Confirm unconscious state:             <ul style="list-style-type: none"> <li>- Squeeze person's shoulder</li> <li>- Shout: "are you alright?" or "open your eyes"</li> </ul> </li> </ul>	
<h3>2 POSTURE</h3>	<p><b>TURN PERSON ONTO THEIR SIDE</b></p> <ul style="list-style-type: none"> <li>&gt; Bend closest leg at knee</li> <li>&gt; Lift and move closest arm towards other side</li> <li>&gt; Push bent leg towards other side</li> </ul>	
<h3>3 AIRWAY</h3>	<p><b>CLEAR AIRWAY</b></p> <ul style="list-style-type: none"> <li>&gt; Tilt person's head well back (NOT for an infant or the injured)</li> <li>&gt; Clear any foreign matter from mouth (and nose of a baby)</li> </ul>	
<h3>4 AMBULANCE</h3>	<p><b>GET HELP!</b></p> <ul style="list-style-type: none"> <li>&gt; Ask someone to <b>DIAL 000</b></li> <li>&gt; Ask for <b>AMBULANCE</b></li> <li>&gt; Give:             <ul style="list-style-type: none"> <li>- address</li> <li>- nearest cross street</li> <li>- type of emergency</li> </ul> </li> <li>&gt; <b>Do not hang up</b></li> </ul>	
<h3>5 BREATHING</h3>	<p><b>CHECK FOR BREATHING</b></p> <ul style="list-style-type: none"> <li>&gt; Look for rise and fall of chest</li> <li>&gt; Listen and feel for breathing</li> <li>&gt; If <b>breathing is present</b> leave person on their side</li> </ul> <p><b>IF BREATHING IS ABSENT START RESCUE BREATHING</b> ▼</p>	
	<p><b>REPOSITION PERSON</b></p> <ul style="list-style-type: none"> <li>&gt; Turn person onto their back</li> <li>&gt; Tilt their head well back (NOT for a baby or the injured)</li> <li>&gt; Lift jaw</li> </ul>	
	<p><b>ADULT, CHILD AND INFANT</b></p> <ul style="list-style-type: none"> <li>&gt; Pinch nostrils</li> <li>&gt; Seal your mouth over person's mouth and give <b>2 breaths</b></li> <li>&gt; Check that the chest rises and falls with each inflation</li> <li>&gt; Use <b>smaller</b> breaths for a <b>child</b></li> </ul>	
<h3>6 CIRCULATION</h3> <div style="border: 1px solid red; border-radius: 15px; padding: 10px; margin-top: 20px;"> <p>This chart is not a substitute for attending a first aid course. <b>LEARN CPR NOW!</b></p> </div>	<p><b>CIRCULATION FOR AN ADULT</b></p> <ul style="list-style-type: none"> <li>&gt; Position one hand on the centre of the chest (breastbone) grasping wrist with other hand</li> <li>&gt; Compress breastbone <b>4 to 5cm</b> (or one third the depth of the chest) <b>30 times</b>.</li> <li>&gt; Continue with <b>2 breaths to 30 compressions</b></li> <li>&gt; Rate of compressions is <b>100 per minute</b> or almost 2 per second</li> </ul>	
	<p><b>CIRCULATION FOR AN INFANT</b></p> <ul style="list-style-type: none"> <li>&gt; Position 2 fingers on lower half of sternum</li> <li>&gt; Depress sternum approximately <b>one third the depth of chest</b></li> <li>&gt; Continue with <b>2 breaths to 30 compressions</b></li> </ul> <p><b>CONTINUE CPR UNTIL AMBULANCE OFFICERS ARRIVE</b></p>	