

## Dangers

Check for Danger  
- hazards / risks / safety

## Response

Responsive? (Unconscious?)  
- Call for assistance "000"

## Airway

Open Airway  
- look for Signs of Life

## Breathing

Give 2 initial breaths if not breathing normally

## Compressions

Give 30 chest compressions (rate of almost 2 per second)  
- followed by 2 breaths  
- repeat 30:2 (5 times)  
- recheck Signs of Life  
- continue if no Signs of Life

## Defibrillator

Attach AED as soon as possible  
- follow AED prompts