

Someone's down. Think DRABC.

The primary survey: five checks, in this order, before anything else.



Danger

Gas, glass, fire, wire, traffic. If it isn't safe for you, you can't help. Look before you kneel.



Response

"Can you hear me? Open your eyes." Speak into both ears, then shoulders: gentle shake. Nothing? Shout for help.



Airway

Clear the mouth. One hand on the forehead, two fingers under the chin: tilt the head, lift the chin.



Breathing

Look, listen and feel for 10 seconds. Not breathing normally? 999, get an AED, start CPR. Gasps are NOT breathing.



Circulation

Breathing? Check for severe bleeding and treat it. Unresponsive but breathing: recovery position.

In an emergency call 999