

<p>ABC for life <u>The '5' S words</u></p> <p>Safe Surroundings</p> <p>Send for help</p> <p>Shake and Shout <i>CPRiS</i></p>	<p>Airway Clear and open</p> <p>Breathing Look, listen + feel 10secs, 2 breaths</p> <p>Circulation 15 chest compressions Repeat 2:15 until help arrives</p>
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