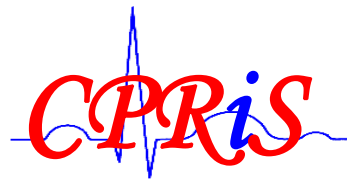


The '5' S words

Safe Surroundings

Send for help

Shake and Shout



An **ABC** for life

Airway

Clear and open

Breathing

Look, listen + feel - 10secs

Circulation

If none

Give 15 chest compressions

Repeat 2:15 until help arrives



The Recovery Position

Raise your hand

Now touch your face

Bend leg and roll

To keep you safe



Basic Life Support

Do **NOT** perform

unless needed

You must **NEVER**

perform CPR on

a normal healthy

person

