



Key Legislation: **Health and Safety (First Aid) Regulations 1981**

## KEY STATISTICS



**30,000**

Out-of-hospital cardiac arrests each year in the UK



**6,000**

Deaths from choking each year — most preventable



**8 minutes**

Average ambulance response time in urban areas



**3-4 minutes**

Time before brain damage begins without CPR

## LEARNING OBJECTIVES



Conduct a primary survey using the DR ABC framework



Perform effective CPR on adults, children and infants



Use an AED (Automated External Defibrillator) safely and effectively



Manage choking in adults, children and infants

## STEP-BY-STEP GUIDE

**1**

### D — Danger

Check for danger to yourself, bystanders and the casualty



**2**

### R — Response

Check for response — shout and tap shoulders gently



**3**

### A — Airway

Open airway — head tilt, chin lift



**4**

### B — Breathing

Look, listen and feel for normal breathing for 10 seconds

