



DR ABC

If you find someone collapsed you need to check if they are conscious and breathing. These simple steps could save someone's life.

- **Danger** - Check the area, make sure YOU are safe and so are people around you. If it is not safe, do not approach the casualty.
- **Response** – If it is safe to approach the injured person, can they hear your voice? Are there any movements? Do they respond to touch? You can gently shake to person and call their name.
- **Airway** - Check the airway to see if there is anything stopping the person being able to breathe. You can open the airway placing one hand on their forehead and gently tilting the head back and lifting the chin.
- **Breathing** - Can the casualty breathe clearly? Look, listen and feel for ten seconds to check if the casualty is breathing normally.
- **Call 999** for help. Say you want the ambulance service. You will need to have the address of where you are, phone number you are calling from and information about what happened