



## Safety First!

### HAZARD:

whip on those gloves, check for things that could hurt you

### HELLO:

tap firmly on both shoulders, say, "Hello, can you hear me?"

### HELP:

'Phone for help – get a paramedic on the way – ASAP!

Dial 112 – free from your cell phone.

082 911 – Netcare – can activate Sea Rescue and Chopper

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## Airway

Head back to open it!

## Breathing

Check with your cheek – 10 seconds

Use mouthpiece, hold nose, blow TWICE

## Circulation

GET THE BLOOD TO THE BRAIN!

Lock arms, link fingers, line up on Breastbone

Middle finger on nipple line

30 compressions. Think "click"

**REPEAT 2 X BREATHS, 30 X COMPRESSIONS  
UNTIL THE PARAMEDIC GETS THERE**

(Dead heroes can't save lives, and Injured ones are a nuisance!)

.../end