

First Aid: First Minutes

Body & health

The order of checks — because order is what people forget under stress.

A memory aid for people who have done a first-aid course. It is not a substitute for one — take the training.

1 Danger

Is the scene safe for you? A second casualty helps nobody.

2 Response

Speak loudly, squeeze the shoulders. No response means treat as

3 Shout for help

Call emergency services, or send a specific person to. Ask for an

4 Airway

Tilt the head back, lift the chin. This alone opens the airway in

5 Breathing

Look, listen and feel for up to 10 seconds. Gasping is not normal

6 Circulation

Not breathing normally: begin chest compressions and follow your

CALL FIRST

999 UK · 112 EU · 911 US and Canada · 000 Australia

Give the location first — everything else is useless without it
Stay on the line; the dispatcher can talk you through it

Educational reference only. Get trained, and follow your local protocol over any poster.