<table>
<thead>
<tr>
<th><strong>Evaluate Potential Dangers</strong></th>
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</thead>
<tbody>
<tr>
<td>1. Ensure all power sources are ‘off’ before attending to victim.</td>
</tr>
<tr>
<td>2. Keep well away until power is turned off</td>
</tr>
<tr>
<td>3. Insulate yourself from ground using books, newspaper, or rubber mat</td>
</tr>
<tr>
<td>4. Remove cables or wires from victim using non-conductive object e.g. (wood, rolled up dry newspaper)</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Check Level of Consciousness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. When safe to reach victim, check for a response to see if they are conscious.</td>
</tr>
<tr>
<td>2. Call out to them ask if they can open their eyes or hear you.</td>
</tr>
<tr>
<td>3. Give their shoulders a firm squeeze. Ask them to squeeze your hand.</td>
</tr>
<tr>
<td>4. Do not move the victim unless there is a hazard that could cause further injury or it is unsafe to remain.</td>
</tr>
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<thead>
<tr>
<th><strong>Raise the Alarm</strong></th>
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<tbody>
<tr>
<td>2. One person should stay with victim while another calls for help. If alone, stay with the victim and call for help with your phone</td>
</tr>
<tr>
<td>3. When dialling emergency, state you need an ambulance. Provide your phone number, description of incident, condition of victim, and exact location.</td>
</tr>
<tr>
<td>4. Do not hang up unless directed to by emergency services</td>
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</tbody>
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<thead>
<tr>
<th><strong>Check the Airway</strong></th>
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</thead>
<tbody>
<tr>
<td>1. Check airway of an unresponsive victim.</td>
</tr>
<tr>
<td>2. Open the victims mouth and look for obstructions without tilting the head back.</td>
</tr>
<tr>
<td>3. If there is any obstruction/fluid, roll victim into recovery position and clear the mouth/airway.</td>
</tr>
<tr>
<td>4. Once the mouth/airway is cleared, check breathing while victim is in the recovery position.</td>
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**Check for Breathing** |
<table>
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<tbody>
<tr>
<td>1. Look at the victim’s chest – is it rising and falling?</td>
</tr>
<tr>
<td>2. Listen for breathing - place your ear near victim’s face.</td>
</tr>
<tr>
<td>3. Feel for moving air on your cheek when near victim’s nose and mouth.</td>
</tr>
<tr>
<td>4. Place one hand onto the victim’s stomach while placing your ear beside their mouth/nose to check for breathing.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NOT Breathing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Place victim on their back on a firm, flat surface.</td>
</tr>
<tr>
<td>2. Kneel so that you are 90 degrees to victim’s upper body, with your knees shoulder width apart.</td>
</tr>
<tr>
<td>3. Place your hands, one atop the other, on victim’s sternum (centre of chest). Compress chest 1/3 depth, at a rate of approx. 100 compressions per minute.</td>
</tr>
<tr>
<td>4. After 30 compressions open victim’s mouth and tilt head back to open airway.</td>
</tr>
<tr>
<td>5. Use face shield/pocket mask and blow in victim’s mouth. Look if chest rises. Stop and repeat for 2nd breath.</td>
</tr>
<tr>
<td>6. Continue cycle of 30 compressions to two breaths (30:2)</td>
</tr>
<tr>
<td>8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.</td>
</tr>
<tr>
<td>9. Continue performing CPR until: help arrives, victim shows signs of response, , you cannot continue due to exhaustion, or, there is danger.</td>
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**Breathing but Unconscious** |
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<tbody>
<tr>
<td>1. If victim is breathing, place into recovery position.</td>
</tr>
<tr>
<td>2. Check airway again to ensure they are still breathing.</td>
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<tr>
<th><strong>Dealing with Burns</strong></th>
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<tbody>
<tr>
<td>Electrical exposure can cause burns to the skin and, in severe cases, internal organs. Proper treatment is vital.</td>
</tr>
<tr>
<td>1. If conscious, immerse injured area in cool, running water.</td>
</tr>
<tr>
<td>2. Once burn has been cooled, cover with clean, non-adhesive, non-fluffy (wet) dressing.</td>
</tr>
<tr>
<td>3. Place unconscious victims in recovery position and cover burned area with wet dressing.</td>
</tr>
<tr>
<td>4. Do not remove blisters. Do not use adhesive or fluffy dressings. Do not apply fats, butter or ice.</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Dealing with Other Injuries</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Place padding under head and cover victim in blanket.</td>
</tr>
<tr>
<td>3. Ensure victim’s breathing is unrestricted.</td>
</tr>
<tr>
<td>4. If victim breathing but unconscious, place in recovery position. If victim is NOT breathing, perform CPR and call emergency services.</td>
</tr>
<tr>
<td>5. Even if victim does not show signs of injury, call emergency services or seek medical advice, as electrical shock can affect internal organs.</td>
</tr>
</tbody>
</table>

**DISCLAIMER:** The information in this poster is not a substitute for proper first aid training

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