

Evaluate Potential Dangers

1. Ensure all power sources are 'off' before attending to victim.
2. Keep well away until power is turned off
3. Insulate yourself from ground using books, newspaper, or rubber mat
4. Remove cables or wires from victim using non-conductive object e.g. (wood, rolled up dry newspaper)

Check the Airway

1. Check airway of an unresponsive victim.
2. Open the victims mouth and look for obstructions without tilting the head back.
3. If there is any obstruction/fluid, roll victim into recovery position and clear the mouth/airway.
4. Once the mouth/airway is cleared, check breathing while victim is in the recovery position.

Check for Breathing

1. Look at the victim's chest – is it rising and falling?
2. Listen for breathing - place your ear near victim's face.
3. Feel for moving air on your cheek when near victim's nose and mouth.
4. Place one hand onto the victim's stomach while placing your ear beside their mouth/nose to check for breathing.



Check Level of Consciousness

1. When safe to reach victim, check for a response to see if they are conscious.
2. Call out to them ask if they can open their eyes or hear you.
3. Give their shoulders a firm squeeze. Ask them to squeeze your hand.
4. Do not move the victim unless there is a hazard that could cause further injury or it is unsafe to remain.

NOT Breathing

1. Place victim on their back on a firm, flat surface.
2. Kneel so that you are 90 degrees to victim's upper body, with your knees shoulder width apart.
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.
4. After 30 compressions open victim's mouth and tilt head back to open airway.
5. Use face shield/pocket mask and blow in victim's mouth. Look if chest rises. Stop and repeat for 2nd breath.
6. Continue cycle of 30 compressions to two breaths (30:2)
8. If unable to perform rescue breaths, perform continuous chest compression CPR only, until help arrives.
9. Continue performing CPR until: help arrives, victim shows signs of response, you cannot continue due to exhaustion, or, there is danger.

Breathing but Unconscious

1. If victim is breathing, place into recovery position.
2. Check airway again to ensure they are still breathing.

Raise the Alarm

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
3. When dialling emergency, state you need an ambulance. Provide your phone number, description of incident, condition of victim, and exact location.
4. Do not hang up unless directed to by emergency services

Dealing with Burns

Electrical exposure can cause burns to the skin and, in severe cases, internal organs. Proper treatment is vital.

1. If conscious, immerse injured area in cool, running water.
2. Once burn has been cooled, cover with clean, non-adhesive, non-fluffy (wet) dressing.
3. Place unconscious victims in recovery position and cover burned area with wet dressing.
4. Do not remove blisters. Do not use adhesive or fluffy dressings. Do not apply fats, butter or ice.

Dealing with Other Injuries

1. Check for muscle spasms and seizures. Can occur after actual shock.
2. Place padding under head and cover victim in blanket.
3. Ensure victim's breathing is unrestricted.
4. If victim breathing but unconscious, place in recovery position. If victim is NOT breathing, perform CPR and call emergency services.
5. Even if victim does not show signs of injury, call emergency services or seek medical advice, as electrical shock can affect internal organs.

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

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