

Remember Your Action Plan



D

Danger?

Is there a danger to yourself, others or the patient?

R

Response?

Check the patient for a response.
Ask her name, squeeze her shoulders.

S

Send For Help!

Call triple zero (000) for an ambulance, or ask a bystander to make the call.

A

Airway?

Open her mouth and check for foreign material.

B

Breathing?

Tilt her head back and check for normal breathing.
Look, Listen and Feel for 10 seconds.

C

CPR!

Start CPR as soon as possible.

- Place your hands on the centre of her chest.
- Your hands may touch her breast tissue - **this is normal and unavoidable.**



D

Defibrillate!

Apply a defibrillator ASAP and follow the voice prompts.

- Underwire bras should be removed or cut away.
- If her breast is in the way of pad placement, her breast tissue can be gently moved aside to place pads correctly.

Important:

Concerns relating to female casualties should be acknowledged and respected without delaying care.

- If family members object to physical contact, **offer to coach them verbally so they can perform CPR and defibrillation.**
- First aid **should not be delayed because a woman is pregnant.**
Saving the mother's life is the best chance of survival for the baby.