

# St John Action Plan

1

## D check for Danger

- To you
- To others
- To casualty

2

## R for Response

- Talk
- Squeeze

3

## S for Send for help - Call 000

- Stay calm
- Speak slowly
- Stay on the line

4

## A for Airway

- Clear
- Open

5

## B for Breathing

- Look
- Listen
- Feel

6

## Recovery Position

